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ROBIN WILLIAMS FOUND DEAD

LEGENDARY ACTOR WAS REPORTEDLY BATTLING SEVERE DEPRESSION PAGE 6

Stepbrother on ash-spreading mishap at the Rogers Centre

Man never expected that a hazmat crew would suck up stepbrother's remains PAGE 3

FBI look into cop shooting of unarmed black teen

Announcement follows unrest that broke out in Missouri after vigil PAGE 8

The right Bass at the wrong time

Meghan Trainor wishes her body-acceptance song All About the Bass existed when she was young PAGE 15

REACH FOR THE SKY, KIDS

NBA first-overall pick Andrew Wiggins goes up for a dunk while filming a commercial with kids at his old school in Concord on Monday. Wiggins has signed an endorsement deal with BioSteel Sports Drink and was clearly relishing his return to the playground where he spent so much time honing his skills. **Story, page 26.** NATHAN DENETTE/THE CANADIAN PRESS

The Bell tolls for vast unpaid intern program

Bell to shell out?

Shutdown comes in face of increasing scrutiny over practice

Whether for good or for now, Bell Canada has shut down its unpaid internship program.

Hundreds of young people have gone through the "Professional Management Program" based at the telecom giant's Mississauga offices.

Former intern Natalie Horbay said an entire floor was dedicated to interns like herself. A spokesman confirmed the program folded in April.

It's the latest in a series of high-profile cancellations in the face of increasing backlash against using unpaid workers. Earlier this year, the provincial labour ministry cracked down on unpaid work in the publishing industry.

"Some companies have voluntarily started to reassess their internship programs and pay people," said Toronto NDP MP Andrew Cash.

"Others are saying, 'Look, we just want to follow the rules.' But in the absence of rules, companies are going to do what companies can do."

In June, the NDP introduced the Intern Protection Act, a private member's bill to be debated this fall, and a bill to create a National Urban Workers Strategy was introduced in October.

Telecommunications companies are regulated under the Canada Labour Code, a federal law that includes no explicit rules for unpaid internships. Under Ontario law, most unpaid internships are illegal unless done in exchange for school credit and are not allowed to benefit the employer. TORSTAR NEWS SERVICE

Labour dispute

The program is at the heart of an ongoing federal labour dispute between Bell and a former intern seeking wages for work done in 2012.

- She claims she was doing the same work as paid employees and that it had no educational value.

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Affordable housing

Provincial funds not for TCHC

Not a dime of the $801 million announced Monday for affordable housing can be used to cover the massive backlog of repairs at Toronto Community Housing, Municipal Affairs Minister Ted McMeekin acknowledged.

The funding for all of Ontario is evenly split between Ottawa and Queen's Park, but the estimated $751 million in immediate capital repairs at Toronto Community Housing Corporation's 58,500 housing units are not eligible.

"The funding announced today cannot be used for TCHC buildings, as part of the arrangement with the federal government that says that projects that have an agreement with CMHC (Canada Mortgage and Housing Corp.) relating to finance, operation or occupancy are not eligible for funding. This includes TCHC," a McMeekin spokesperson said in an email statement.

TORSTAR NEWS SERVICE

Transit

TTC ditches photo ID for students

A policy change, announced Monday and coming into effect Sept. 1, will no longer require middle and high school students to show TTC-issued photo ID when paying a discounted TTC fare.

In place of a TTC-issued photo card, a spokesperson said, those ages 16 to 19 must carry school or government-issued identification that can be shown as proof of age if requested by TTC staff. TORSTAR NEWS SERVICE

'I thought I was going to do this stealth'

Tribute gone wrong. Police still investigating after man tipped ashes onto Rogers Centre field

Rob Ouellette with a photo of his stepbrother Joseph Pazner. Ouellette's attempt to pay tribute to Pazner — by spreading Pazner's ashes on the turf at Rogers Centre — didn't go off as he'd hoped it would.-
COURTESY ROB OUELLETTE

Rob Ouellette wanted a nice, private way to pay tribute to his stepbrother. That's kind of hard to do when there are 36,237 people in the house.

Ouellette, who lives in Windsor, came to the Rogers Centre on Friday night to watch the Blue Jays take on the Detroit Tigers. He carried the ashes of stepbrother Joseph Pazner, who died suddenly of a heart attack last year at the age of 32 while working in Alberta. He wanted to scatter the ashes on the field.

Ouellette has many fond memories of playing ball with Pazner growing up in Windsor, and of heading across to Detroit to watch the Jays play at Tiger Stadium.

"Baseball was everything. We all played Little League together. Right up until the day he died he was playing indoor ball," said Ouellette, who hatched the idea for the tribute after Pazner's funeral.

He hoped to quietly tip the ashes onto the field during the game, then slip away unnoticed.

"As soon as I did it, I looked down and there was a camera guy sitting there," said Ouellette. The camera operator noticed and looked up.

"I knew I was screwed right away, so I went back to my seat to try and just hide in my seat, but that's kind of hard to do," said Ouellette.

Unlike grass and dirt fields, where the ashes would likely have biodegraded, the Rogers Centre has artificial turf, meaning that Ouellette's tribute was short-lived. The ashes were cleaned up after the game.

The idea that his brother's remains would be vacuumed up by a hazardous materials crew never crossed his mind.

"Never thought of the hazmat team being called. I thought I was going to do this stealth," Ouellette said with a chuckle.

Toronto police said Monday they were still investigating the incident. A sample of the ashes were sent for testing. If it's found to be harmful, Ouellette — who hadn't been fined or banned by the stadium as of Monday evening — could still be charged.

TORSTAR NEWS SERVICE

'He'd love it'

What would his stepbrother think of the tribute? Ouellette said he has no doubt: "He'd love it. He'd definitely think I was an idiot. But beyond that, he'd enjoy it. We were always cracking jokes and doing stupid stuff."

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PTSD rate doubles in military

Canadian Forces. Statistics Canada study found soldiers suffering from symptoms rose from 2.8% in 2002 to 5.3% in 2013

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

A study by Statistics Canada found the percentage of Canadian Forces members who suffer symptoms of post-traumatic stress disorder has nearly doubled since 2002.

Statistics Canada conducted a survey of about 6,700 full-time regular members of the Canadian Forces from April to August 2013.

On Monday, Statistics Canada released some preliminary results that show the rate of soldiers suffering PTSD symptoms in the past year rose to 5.3 per cent, up from 2.8 per cent in 2002.

The rate of soldiers suffering panic disorders rose from two per cent to 3.4 per cent in that time. The rate of soldiers who had suffered a major depressive episode stayed constant at eight per cent in both surveys.

The survey was conducted in collaboration with the Department of National Defence. DND did not respond by deadline, but on its website says one of the purposes of the study was to "determine the effect of the mission in Afghanistan."

"Since then, the Canadian Armed Forces have greatly strengthened the mental-health system but the mission in Afghanistan has exposed larger numbers of personnel to greater adversity than at any time in recent memory," the website says.

Statistics Canada is doing further research, to be released in November, that will compare the results to the wider Canadian population.

A similar 2012 Statistics Canada study of the Canadian population in general found lower rates of major depressive episodes in the past year (4.7 per cent) and generalized anxiety disorder symptoms (2.6 per cent).

However, assistant director of the special surveys division of Statistics Canada, Vincent Dale, cautioned against drawing conclusions because the populations differ by age and gender.

The newest survey also looked at alcohol use and found 4.5 per cent of the soldiers surveyed "met the criteria for alcohol abuse or dependence in the 12 months prior to the survey."

According to StatsCan:

Overall, the survey found about one in six full-time regular members of the Canadian Forces reported "experiencing symptoms in the previous 12 months consistent with at least one of six selected mental or alcohol disorders."

Protesters against plans to reverse Line 9 Enbridge pipeline

About 16 protesters blockaded an Enbridge construction site near Dufferin and Finch on Monday in opposition to plans to reverse and boost the flow of the Line 9 pipeline. Enbridge spokesperson Graham White stated in an email that the company had been in contact with the protesters, and that they were preventing work from being done on the site "to help make an already safe line even safer for the people of Toronto." SEAN WETSELAAR/TORSTAR NEWS SERVICE

'Business as usual' for the Fords after an emailed bomb threat

Police were dispatched to Toronto city hall Monday as Mayor Rob Ford revealed a threat was made to bomb the building unless he resigned, but no evacuation was ordered or explosive materials found.

Toronto police spokesman Const. David Hopkinson said officers were sent to the building after city hall security informed them of the threat in the morning. Police earlier said they were first notified Sunday night.

Police didn't evacuate the building and Insp. Frank Barredo said later Monday that a bomb-sniffing dog found no evidence of any explosive devices.

Ford announced the threat to reporters, saying it had been sent in an email to his brother, Coun. Doug Ford, on Sunday night.

The mayor held up a copy of the typo-ridden note, which says there has been "chaos" since Ford returned from rehab in late June.

"He has 12 hours to vacate otherwise city hall will blow. I have already set up explosive around."

Ford said he wasn't fazed by the threat.

"I'm moving on. Business as usual. Obviously the police will be around and the police (will) handle this from here on in," he said.

Ford also defended going public about the email.

"When I get something this serious sent to my brother's office and to the deputy mayor's office it's only proper that the mayor of the city addresses this."

Coun. Paula Fletcher said there is a protocol dealing with threats which doesn't restrict officials from revealing them. But she said she hopes Ford knew the threat wasn't real before he announced it.

"I hope he's followed what I would call the good rules, or good common sense. And since we're still here in the building I'm going to assume it was just an angry letter from a disturbed individual," she said.

City of Toronto spokeswoman Wynna Brown said in an email Monday afternoon that police were "conducting a thorough investigation in co-ordination with city hall security." THE CANADIAN PRESS

No stranger to controversy

The controversial Toronto mayor has faced numerous calls for his resignation amid admissions of drug use, alcohol addiction and various instances of being caught on tape making offensive comments.

- But he's brushed them all aside and is running in the Oct. 27 election to remain in the mayor's chair.

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Drivers brace for 3 new construction projects

Congestion woes.
Yonge and Richmond to see lane reductions

If you're attempting to avoid construction while journeying into the heart of the city, you'll now need to scratch Yonge and Richmond off your list.

It's a list that already excludes swaths of Queens Quay, Lake Shore Boulevard, the Gardiner Expressway, Union Station, Front Street, York Street and Lower Spadina Avenue, due to 20 ongoing Toronto-East York construction projects.

The City of Toronto announced three new projects Monday, compounding existing congestion woes.

Utility repairs will see Yonge reduced by one lane for each direction from The Esplanade up to Bloor Street, with the exception of rush hour. Those repairs start Wednesday and are scheduled to last four weeks.

A stretch of Richmond Street from Church through York dropped from four lanes to two Monday morning for watermain work, which is set to last until October. From Wednesday through Aug. 20 the stretch between York and Bay will be reduced to one lane only. A city official said the contractor will avoid starting work until after the morning rush.

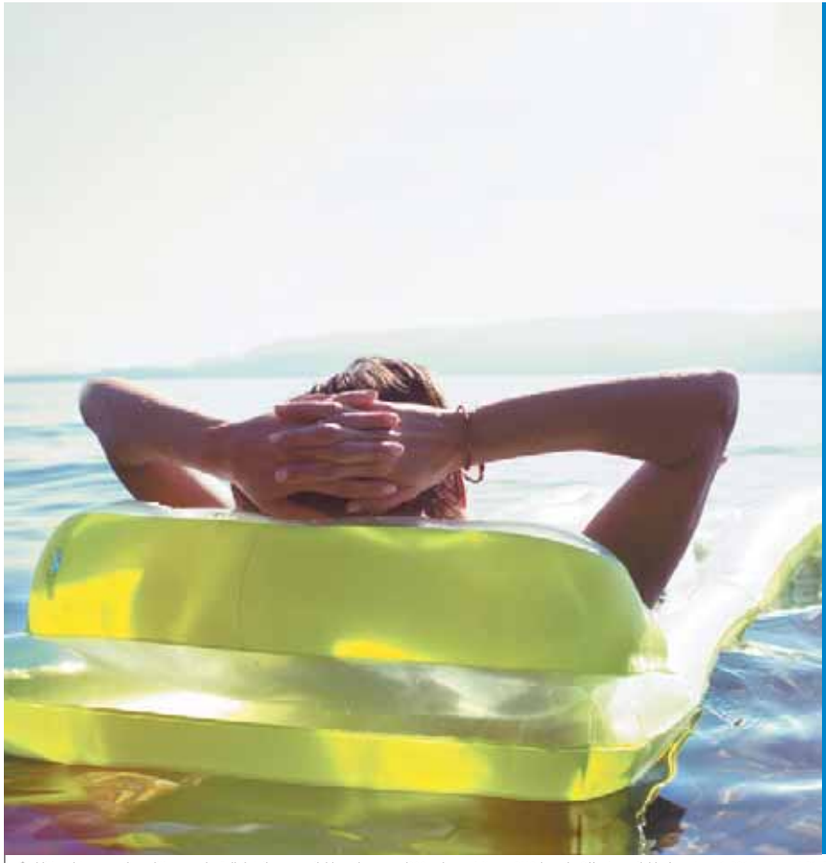
While many agree construction is a necessary evil, Ken Greenberg says more could be done to ensure drivers, bikers and pedestrians experience minimal disruption.

"You tend to get communications about one thing or another in isolation as opposed to a network perspective," said Greenberg, principal at Greenberg Consultants and former interim chief planner at the Boston Redevelopment Authority during the "Big Dig" megaproject.

People need more than individual signs advising of road closures, he said; they need alternate routes, "maybe even some kind of app that gives you a real-time picture of where all the construction is going on at any given time."

TORSTAR NEWS SERVICE

A watermain project has reduced traffic along Richmond Street to two lanes between Church and York until October. COLIN MCCONNELL/TORSTAR NEWS SERVICE



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This fire hydrant spouts cash for the city

The fire hydrant at 393 University Ave. DARREN CALABRESE/THE CANADIAN PRESS

It's the street equivalent of a desert mirage, an elusive piece of prime parking real estate that, for some strange reason, everyone else just happened to miss.

Eventually, however, a telltale slip of paper tucked beneath a windshield wiper offers an explanation: You parked in front of a fire hydrant. And now you've been hit with a hefty fine.

And as it turns out, some hydrants seem to be more tempting — and more costly — than others.

In Toronto, one hydrant stands above the rest. People are fined so often for parking in front of it that on Google's Street View, a white Toyota can be seen with a yellow slip under its wiper blade as a parking-enforcement officer walks away.

Since 2008, cars that parked too close to the hydrant at 393 University Ave. have been ticketed 2,962 times. Those fines add up to $289,620 — more than any other hydrant in the city.

So, why is this one particular hydrant such a cash cow for the city? There are a few possible explanations. It's right by the courthouse and near a major downtown intersection. The hydrant itself is in the middle of a busy sidewalk set back some distance from the street, and it would be easy enough for drivers to miss. No markings on the street make it obvious that the spot is off-limits.

A Canadian Press analysis of Toronto's parking-ticket data found the city has collected more than $24 million since 2008 by fining people who parked too close to hydrants.

Fabrizi says all parking fines, including those from parking next to hydrants, add up to $80 million a year.

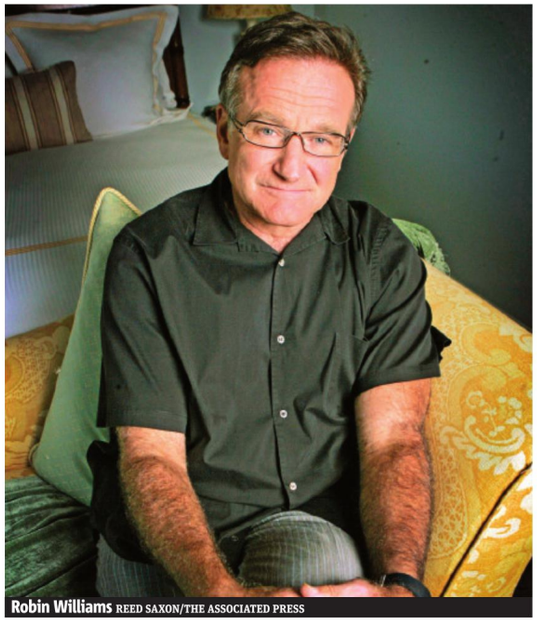
Tickets for parking too close to fire hydrants only accounted for 1.45 per cent of all parking infractions last year.

TORSTAR NEWS SERVICE

Other lucrative hydrants

- At 33 Elmhurst Ave., vehicles have been ticketed 2,253 times since 2008, with fines totalling $207,030.
- A hydrant at 113 Merton St. is the city's third most-ticketed spot, with 2,165 fines handed out amounting to $212,300.

Oscar-winning actor, comedian dead at 63



Robin Williams REED SAXON/THE ASSOCIATED PRESS

Robin Williams. Hollywood legend pronounced dead in Marin County home, apparently due to suicide by asphyxiation

Robin Williams, the Academy Award winner and comic supernova whose explosions of pop culture riffs and impressions dazzled audiences for decades and made him a gleamy-eyed laureate for the Information Age, died Monday in an apparent suicide. He was 63.

Williams was pronounced dead at his home in California on Monday, according to the sheriff's office in Marin County, north of San Francisco. The sheriff's office said a preliminary investigation shows the cause of death to be a suicide due to asphyxia.

"This morning, I lost my husband and my best friend, while the world lost one of its most beloved artists and beautiful human beings. I am utterly heartbroken," said Williams' wife, Susan Schneider. "On behalf of Robin's family, we are asking for privacy during our time of profound grief. As he is remembered, it is our hope the focus will not be on Robin's death, but on the countless moments of joy and laughter he gave to millions,"

Williams had been battling severe depression recently, said Mara Buxbaum, his press representative.

Williams shot to fame in the late '70s as the alien in TV's Mork and Mindy. He conquered the big screen in comic films such as Good Morning, Vietnam and Mrs. Doubtfire. But he won his Academy Award in a serious role — as the therapist in Good Will Hunting.

THE ASSOCIATED PRESS

Moncton

Moncton shooter intended to target police

Justin Bourque admitted that he targeted police officers on the evening in June that he fatally shot three Mounties and injured two others in Moncton, N.B., using a semi-automatic weapon.

An agreed statement of facts filed with the Court of Queen's Bench says Bourque used a Poly Technologies Model M305, 308-calibre Winchester semi-automatic rifle in the shootings that happened between 7:18 p.m. and 8:13 p.m. on June 4.

Bourque pleaded guilty Friday in the Court of Queen's Bench in Moncton to three charges of first-degree murder and two counts of attempted murder.

The 24-year-old returns to court Oct. 27 when victim impact statements and pre-sentencing documents will be filed with the court.

THE CANADIAN PRESS

Turkey

Conjoined dolphin discovered

Turkish media reports say scientists will examine a two-headed dolphin that washed ashore in western Turkey.

The private Dogan news agency said the remains of a conjoined dolphin calf were discovered on a beach in Dikili, near the Aegean city of Izmir last week by a vacationing gym teacher.

Akdeniz University marine biologist Mehmet Gokoglu said the dolphin was an unusual and rare occurrence.

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Health workers wearing protective clothing and equipment against the Ebola virus sit at the Kenema Government Hospital, situated around 300 kilometres from the capital city of Freetown in Sierra Leone. MICHAEL DUFF/THE ASSOCIATED PRESS

Ebola drug still not given to Africans

'It certainly looks bad.'
The experimental drug, ZMapp, has been given to two Americans and a Spanish missionary priest

In a development that raises a host of ethical issues, Spain announced it had obtained a scarce U.S.-made experimental Ebola drug to treat a Spanish missionary priest infected with the killer virus.

So far the experimental drug ZMapp has been used to treat two infected Americans and a Spaniard, but no Africans, for a hemorrhagic disease that has been ravaging West Africa for months and has killed about 50 per cent of those it infected.

There is no known cure or licensed treatment for Ebola, which has killed more than 960 people in the current outbreak.

The drug's maker, Mapp Pharmaceutical Inc., says that "very little of the drug is currently available" and that it is co-operating with government agencies to increase production.

"It certainly looks bad that only three Westerners have gotten the drug while most of the people with Ebola are African," said Art Caplan, director of bioethics at NYU Langone Medical Center. He said the drugmaker must make its policy for distributing its treatment clear.

Still, Caplan said there may be an explanation for why only Westerners were given the drug, including the need for a sophisticated medical centre to administer it and monitor the patient carefully since the drug hasn't been tested in humans.

In Nigeria, which says it has 10 confirmed cases of Ebola, some demanded the serum on Twitter. THE ASSOCIATED PRESS

Alta. Court of Appeal

Terror suspect should be extradited to U.S., court says

The Alberta Court of Appeal has ruled that an Edmonton man should be extradited to the United States to face terrorism and murder charges.

Sayfildin Tahir Sharif is accused of murder and supporting a terrorist group that took part in suicide bombings in his native Iraq.

The Americans allege Sharif worked from Edmonton to help a Tunisian man enter Iraq in 2009 and detonate a truck filled with explosives at a military checkpoint, killing five U.S. soldiers.

Sayfildin Tahir Sharif
THE CANADIAN PRESS

Defence lawyers had argued before the Appeal Court that RCMP didn't allow Sharif access to a lawyer or interpreter the day of his arrest.

They also said allegations against their client came from three people — including his brother — who were tortured by investigators in Iraq.

The Appeal Court ruled that none of the arguments merited keeping Sharif in Canada. THE CANADIAN PRESS

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A man leaves a store on Sunday in Ferguson, Mo. A few thousand people crammed a suburban St. Louis street Sunday night at a vigil for unarmed 18-year-old Michael Brown, who was shot and killed by a police officer. Afterward, several car windows were smashed and stores were looted as people carried away armloads of goods, as witnessed by an Associated Press reporter. THE ASSOCIATED PRESS

FBI opens probe into Michael Brown death

Ferguson, Missouri. Unarmed 18-year-old black man shot and killed by police officer

The FBI said it opened an investigation Monday into the fatal shooting of an unarmed black teenager by police in suburban St. Louis, a day after tension surrounding the case erupted in unrest following a candlelight vigil for the teen.

Questions loomed over the shooting of 18-year-old Michael Brown, who police said was unarmed and shot multiple times Saturday after an altercation with an officer in Ferguson. It's unclear whether Brown or a man he was with was involved in the alleged scuffle, and authorities have been vague about what led an officer to open fire.

The killing drew criticism from some civil rights leaders, who referred to the 2012 racially charged case of 17-year-old Trayvon Martin. Martin was shot by a Florida neighbourhood watch organizer who was acquitted of murder charges.

Dorian Johnson told WALB-TV that he and Brown were walking home from a convenience store when a police officer told them to get out of the street and onto the sidewalk. Johnson said they kept walking, which caused the officer to confront them from his car and then outside his car.

Johnson said the officer fired, and he and Brown were scared and ran away.

"He shot again, and once my friend felt that shot, he turned around and put his hands in the air and he started to get down," Johnson said. "But the officer still approached with his weapon drawn and fired several more shots."

"We wasn't causing harm to nobody. We had no weapons on us at all," said Johnson.

The St. Louis County Police Department, which is leading the investigation, refused to discuss Johnson's remarks, citing the ongoing investigation. But County Police Chief Jon Belmar has previously said that an officer encountered Brown and another man outside an apartment complex in Ferguson, and that one of the men pushed the officer into his squad car and they struggled before the shooting.

The FBI is looking into possible civil rights violations arising from the shooting, said Cheryl Mimura, a spokeswoman for the FBI's St. Louis field office. But she noted that the FBI would be investigating such a shooting regardless of the public attention surrounding it.

Nearly three dozen people were arrested after tensions around the case following a candlelight vigil Sunday night, as crowds looted and burned stores, vandalized vehicles and taunted officers who tried to block access to parts of the city.

THE ASSOCIATED PRESS

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Doctor calling on Ottawa to allow injured Gaza kids into Canada for treatment

'These children are in need.' Dr. Izzeldin Abuelaish says proposal has nothing to do with politics, only ethical and moral responsibility

Dr. Izzeldin Abuelaish is urging the federal government to allow children wounded in Gaza to come to Canada for treatment, saying Gaza's health-care system is overwhelmed. ANDREW WALLACE/TORSTAR NEWS SERVICE FILE

The federal government should rethink their resistance to bringing severely injured children from war-torn Gaza to Canada for the medical treatment they need, a high-profile Palestinian doctor organizing the effort said Monday.

Izzeldin Abuelaish, whose three daughters died in the 2009 conflict in Gaza, is urging Foreign Affairs Minister John Baird to support a proposal to allow 100 wounded kids into Ontario, which is willing to treat them.

It has nothing to do with politics, the university professor said. There's an ethical and moral responsibility to help in times of need.

"Don't deprive the Canadian people, the Canadian professionals, of this opportunity," Abuelaish said in an interview. "Don't let it down."

Only Ottawa can provide the necessary visas for the children and their guardians, but the federal government suggests it may be better for Canadian doctors to travel to Gaza instead.

"Make no mistake, there is only one party responsible for the suffering of the Palestinian people, and that is the international terrorist group Hamas," Baird's spokesman Adam Hodge said in an email.

Quoted

"This is humanitarian, Canadian; it's not ethnic, religious or any political cause. It's Canadian, under one flag — the red Maple Leaf flag."

Dr. Izzeldin Abuelaish, who says the federal government should rethink their resistance to bringing severely injured children from war-torn Gaza to Canada for medical treatment

The government is considering how best to deploy Canadian resources to assist, such as increasing capacity at hospitals in Gaza, Jordan and Israel, as well as field hospitals, to treat the wounded, Hodge said.

But Abuelaish said it would be difficult to ensure the safety of Canadian doctors in Gaza, whose health-care system is severely damaged and overloaded with injured civilians, including thousands of children.

"It's urgent," he said. "These children are in need."

They would only take children who are stable enough to travel, Abuelaish said. The children would stay for a month or more until they're well enough to go back.

Many of them suffer from burns, amputations, disfigurements and other injuries that could receive the specialized care that wouldn't be available to them in Gaza, he said.

Ontario Health Minister Eric Hoskins, a physician who has worked in war zones, said the province is willing to treat injured children from Gaza and Israel. Five hospitals, including Toronto's Hospital for Sick Children, have said they're ready to help. THE CANADIAN PRESS

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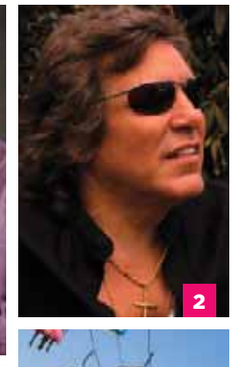

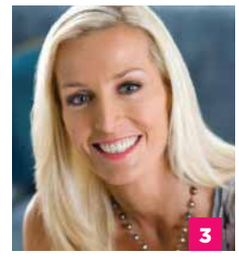

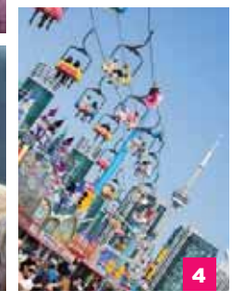

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Executions off in Ohio till ’15

Death Penalty. Federal judge wants answers about drug combo used in lethal injection

A federal U.S. judge has extended a months-long moratorium on executions in Ohio into next year, as questions mount about the effectiveness of a new two-drug combination being used to carry out the death penalty.

The debate over the death penalty has intensified in the U.S. and lethal injection has been under increased scrutiny after executions went awry in Ohio, Oklahoma and Arizona.

The Ohio ruling by federal judge Gregory Frost will delay executions scheduled for September, October, November and January and highlights the ongoing problem faced by states in obtaining drugs to put inmates to death.

The last moratorium was scheduled to expire this week.

The one-page order by Frost issued Friday extends it through January 2015. It affects Ohio’s latest death penalty policy change, which was announced in late April and increases the amount of the sedative and painkiller that Ohio uses in lethal injections.

Concerns stem from several unsuccessful execution attempts that left multiple inmates snorting and gasping for breath before dying between 26 and 43 minutes later, while another inmate took two hours to die.

Most lethal injections take 10 to 15 minutes.

The next execution scheduled in Ohio was to have been Sept. 18, when Ronald Phillips was set to die for the 1993 rape and death of his girlfriend’s three-year-old daughter.

The state prisons agency said it “remains committed to carrying out executions in a humane and lawful manner,’” according to spokeswoman JoEllen Smith.

THE ASSOCIATED PRESS

Pay tribute, have many kids

A Tenggerese man and family journey up Mount Bromo in East Java, Indonesia, to pay tribute to the gods. Legends of the 15th century state a princess and her husband, seeking help with fertility, asked the gods for aid and were gifted with 24 children. ULET IFANSASTI/GETTY IMAGES

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Kasparov loses bid to oust head of World Chess Federation

Checkmate. Ex-champ was sole challenger against Ilyumzhinov, who is known to be a friend of Vladimir Putin's

Former world champion Garry Kasparov failed in his bid to oust the eccentric longtime head of the World Chess Federation on Monday, in a bitter contest steeped in Russian power plays.

Kasparov, a vocal critic of Vladimir Putin, was the sole challenger against Kirsan Ilyumzhinov, a wealthy businessman known to be supported by the Russian president.

The vote was held on the sidelines of an international tournament in Norway.

Delegates at the 2014 Chess Olympiad in the northern city of Tromsoe voted 110-61 in favour of Ilyumzhinov, with four votes annulled.

Ilyumzhinov, who once claimed to have visited an alien spaceship, has headed the governing body of chess, known by its French acronym FIDE, for 19 years.

Kasparov, who at 22 in 1985 became the youngest chess world champion, has described Putin as an arrogant dictator. In a recent AP interview he accused Ilyumzhinov of "working with Russian oligarchs in the Kremlin."

Supporters of Ilyumzhinov have said that Kasparov is too political for the job and that his advocacy of human rights is insincere. The two camps have accused each other of financial skullduggery.

Kasparov's supporters say Ilyumzhinov channelled federation resources to his election campaign and have accused him of other corrupt practices.

In a May letter to African chess officials, Lewis Ncube, a FIDE vice-president from Zambia who supports Ilyumzhinov, said Kasparov was using "military contacts" to pressure national federations into supporting his bid to become president.

"We have had no cases of corruption. I am very proud of my job," Ilyumzhinov said in a live stream broadcast by the Norwegian VG daily and thanked Kasparov for participating. THE ASSOCIATED PRESS

Kathmandu's LGBTQ community celebrates

Participants dance as hundreds of lesbians, gays, bisexuals, transgender people and their supporters parade through the streets on Monday during Gaijatra festival in Kathmandu, Nepal. The Hindu festival to remember the dead is gleefully overtaken each year by the country's gay community in this socially conservative Hindu-majority nation. BIKRAM RAI/THE ASSOCIATED PRESS

Utah

Resort banning snowboarding faces lawsuit

Snowboarders suing a ski resort that prohibits snowboarding will argue Monday in a Utah courtroom that the ban is discriminatory. They say the Alta ski area can't legally bar boarders from the federally owned land that makes up most of the resort.
THE ASSOCIATED PRESS

Maryland

Five-hour roller-coaster ride ends

It took five hours to rescue 24 people stranded on a roller-coaster in Maryland.

Prince George's County fire officials said 17 adults and seven children were stuck at the top of The Joker's Jinx roller-coaster Sunday at Six Flags America in Maryland.
THE ASSOCIATED PRESS

1,150 fish collected

P.E.I. probes over 1,000 fish deaths

The Prince Edward Island government says it's investigating a significant fish kill in one of its waterways. Volunteers from a conservation group and staff from the province's Agriculture Department collected about 1,150 brook trout, speckleback, rainbow trout and Atlantic salmon.
THE CANADIAN PRESS

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Housing starts at 'unsustainable' levels?

Canada Mortgage and Housing Corp. Report finds new home building projects increased to a seasonally adjusted pace of 189,784 in July

Some economists warn that the surge in the number of new homes being built in Canada is unsustainable and could approach "worrying" levels if interest rates remain at the current level.

Canada Mortgage and Housing Corp. reported Monday that housing starts increased to a seasonally adjusted annual pace of 189,784 in July, compared with 185,952 in June.

Gains in urban starts were concentrated in Ontario and Atlantic Canada. The Prairie provinces and Quebec all recorded declines and there were also modest decreases in British Columbia.

July's results mark the fifth consecutive monthly increase in new housing construction.

According to analysis from TD Economics, builders are taking cues from the current housing market, which is riding high on lower interest rates and solid growth in resale prices.

"This level of activity is unsustainable over the near term, on account of an already moderate level of overbuilding as well as the likely gradual increase in interest rates," says TD economist Jonathan Bendiner.

THE CANADIAN PRESS

Some economists are worried by the fast pace of new homes being built in Canada. JUSTIN SULLIVAN/GETTY IMAGES

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Shopping while black.
Barneys settles racial profile case for $525,000

Upscale American retailer Barneys has agreed to pay $525,000 US to resolve allegations that minorities were singled out as suspected shoplifters at its flagship store, part of a spate of racial profiling complaints against major retailers last year.

Barneys shoppers and ex-employees complained that detectives followed minority customers around — even after staffers identified them as frequent patrons — and disproportionately investigated their credit-card use, so much so that some salespeople even avoided serving minority shoppers so as to avoid getting calls from store investigators, state Attorney General Eric Schneiderman said Monday.

Besides the $525,000 in fines and expenses, Barneys will hire an "anti-profiling consultant" for two years, update its policy and record-keeping on detaining customers suspected of theft, and improve training of security and sales personnel.

THE ASSOCIATED PRESS

Customer disloyalty?
Businesses finding you can't buy love, or loyalty

With competition fierce for consumer dollars, companies are pulling out all the stops to build loyalty, from cost-cutting and beefing up loyalty programs to shamelessly broadcasting the bestowment of gifts on surprised customers.

But marketing experts say these tactics don't work unless consumers actually like the product or service being reinforced.

"Basically, you're trying to buy friendship," says a marketing professor at Queen's University. "You're trying to suggest to people that you're this good-guy bank or this good-guy airline. But the reality is, if you want to be a good guy, give good service." THE CANADIAN PRESS

Hacker stole $83,000+

Canadian Internet provider used to steal Bitcoins

Researchers with a cyber security firm say they have uncovered that a hacker used access to a Canadian Internet provider to hijack large foreign networks, stealing more than $83,000 US in virtual currency. Dell SecureWorks, based in the U.S., says the hacker operated between February and May 2014. THE CANADIAN PRESS

Market Minute

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Jessica Napier
metronews.ca

In today's fast-paced dating world of liking and swiping, poor texting habits can be an immediate deal-breaker.

According to a recent Digital Flirting Rules survey by Omlet — a new open messaging app developed by Stanford students — both men and women ranked informal spelling and funky abbreviations as their No. 1 turnoff when it comes to mobile messaging.

Multiple exclamation points, poor punctuation and grammar, all lower case words and acronyms (IDK, BRB, WTF) also ranked high on the list of chatting pet peeves among young adults.

Who knew we were so formal?

I guess ur cre8tive msgs might not B werking 4 u after all.

A ubiquitous array of free and monetized apps and dating sites have radically changed the way we seek out and communicate with our potential romantic partners.

Even if you actually manage to connect with a stranger IRL (in real life), followup flirtations are bound to happen between your devices. Which means early on in the relationship, your touchscreen courtship skills are just as important as in-person chemistry.

So if poor sentence structure and truncated words are irritating texting turnoffs — are we doing anything right?

Typing LOL after every sentence or using multiple exclamation points might come across as desperate (and annoying!!!), but research shows that cutesy emoticons are actually surprisingly lovable in reasonable doses.

According to Omlet's survey, 31 per cent of men and 38 per cent of women prefer to receive chat and text messages with multiple emoticons and emojis.

So feel free to pepper your correspondence with a casual thumbs-up or a flirty wink-face — just don't go overboard.

Excessive emojis are acceptable when swapping stories among friends, but you should probably resist the urge to spell out your first-date plans in a hieroglyphic paragraph of beer glasses and ramen-noodle bowls.

It's also advisable to avoid employing symbolic hearts to express real emotion, unless you're an eight-year-old.

Ultimately, timing is everything when it comes to digital communication. Frequency, followup speed and time of day are important considerations for both men and women who are pursuing a new relationship via their smartphone. And if you're really interested in someone, you should be taking the time to spell out your words and punctuate your sentences correctly.

And for goodness sake, let's all give up the Y2K-era textspeak; even the most lacklustre romantic prospect deserves better than a lazy and dated "c u l8er."

It's all good in Djerbahood

metro AR

A woman looks at a mural by South African artist Faith47 that decorates a wall in the village of Erriadh, on the Tunisian island of Djerba, as part of Djerbahood. For more murals, scan this photo with your Metro News app. ALL PHOTOS JOEL SAGET/AFP/GETTY IMAGES

International mural project hits remote island town

- French-based Tunisian artist Mehdi Ben Cheikh has invited artists from all over the world to take part in an initiative to turn a district in a village on North Africa's largest island into an "open sky museum."
- The town of Erriadh, Djerba, in Tunisia, with its pale walls and charming architecture, provided the artists with the perfect backdrop and plenty of inspiration.
- Contributors include Belgian-based ROA, who made use of the town's many domed buildings to create an octopus, jellyfish and other creatures; France's C215, a.k.a. Christian Guémy, who contributed many delightful stencilled cats to post-office boxes and doors all over town; and South Africa's Faith47, whose work Hunt Her depicts an ethereal unicorn that looks like it has adorned the crumbling wall it sits on for centuries.

By the numbers

150

Thirty-four artists from 150 countries took part in the project.

Online

For more on the project, visit djerbahood.com.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 14 in Scene, page 20 in Life and page 27 in Sports.

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metro AR

MetroTube

A! Oh! Let's yo

ANDREW FIFIELD
andrew.fifield@metronews.ca

While the rest of us spent the weekend soaking up those precious drops of summer that will slowly slip away over the coming weeks, 18-year-old California wunderkind Gentry Stein was busy showing up his competition at the 2014 World Yo-Yo Contest in Prague with a dizzying, worrying performance of throws. Fair warning: If you're not into the music "the kids" are into these days, then you're REALLY not going to be into Gentry's selection here. So maybe dull your audio a bit. (c3yoyodesign YouTube)

SCREENGRAB

metro

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DVD review

Muppets Most Wanted

Director. James Bobin

Stars. Ricky Gervais, Ty Burrell, Tina Fey

It's not easy being a cash machine. Muppets Most Wanted makes this as plain as the nose on Miss Piggy's face. Just two films into the rebooted Muppets movie series, franchise fatigue is already setting in. All involved admit they don't really know where to go — except to the bank. The film is bookended by songs that parody the perils of following a hit, which The Muppets very much was in 2011. "Everybody knows the sequel's never quite as good," goes one line, and ain't it the truth? Missing in action are Jason Segel and Amy Adams, the human foils for Miss Piggy, Kermit the Frog, Fozzie Bear and the rest of the late Jim Henson's cloth-headed clowns. Segel's enthusiastic pen is also absent, leaving Nicholas Stoller, his co-writer from The Muppets, to do the heavy quipping on his own. Yet they get away with it, mostly. In the show-must-go-on style that's always been a Muppets mainstay, everybody gets down to business, confident that audience goodwill will see them through — and it often does.

PETER HOWELL

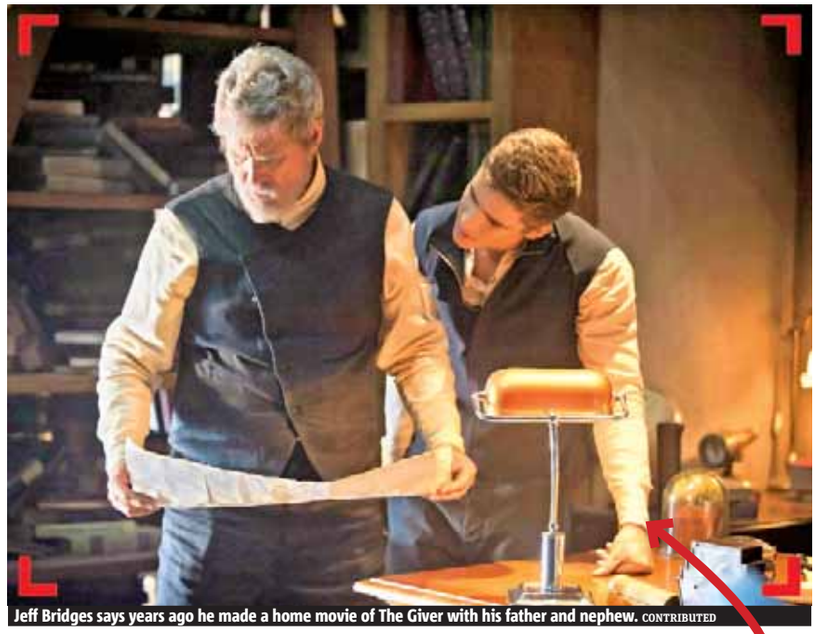
Jeff Bridges is a big fan of one certain kid novel

The Giver. Actor claims he's been trying to get beloved book onto the big screen for the past 18 years

NED EHRBAR
Metro World News in Hollywood

Lois Lowry's 1993 hit young adult novel The Giver has a lot of die-hard fans, but possibly none as die-hard as Jeff Bridges ... No, really.

The Oscar-winning actor has been trying to get a film version of the book — about a future society where emotions and memories are controlled to keep the peace — for the past 18 years. Well, he finally got his wish.



Jeff Bridges says years ago he made a home movie of The Giver with his father and nephew. CONTRIBUTED

You've been behind this film for a while. Is this a more personal project for you than some others you've done recently?

Yeah, I think so. I've been involved with it for about 18 years. I originally wanted to direct my father, Lloyd Bridges, in the film. As a matter of fact, somewhere we have a videotape of me doing just that. We read through the whole book, my dad played the Giver. Dylan, my brother's son, played Jonas, one of his sons shot it, my buddy Bud Cort narrated the whole thing, and we have that somewhere. Hopefully we'll break it out for the DVD.

What would you say was the biggest cause for delay in getting this movie made?

I think the challenge of creating that world, for one thing. And also there's a certain danger element to the book. I thought it would be much easier than it turned out to be to get it made. I mean, 12 million copies sold in 21 countries, a Newbery (Medal) award-winning book, taught in schools ... But it's also on the banned books list, so it's quite controversial. A lot of people felt it was too risky for kids to know that information. There's sexual themes in it, a little bit of violence — but nothing compared to other movies that are out today. And then you have the euthanasia element, different things like that. And I think that made the financiers question whether it would be accepted or not. And then movies like Hunger Games — which my understanding is they were inspired by The Giver, that book — their success really helped our movie get made.

Do you find now, since winning the Oscar, that you're being put in the "serious actor" niche?

Well now I've kind of taken that strategy of playing things differently and thrown that out the window. Now I just jam and do whatever. I'm not too concerned about my career anymore. I'm just kind of playing. I try to resist being engaged in anything because I know what it takes. And that's also been kind of my game plan, to kind of resist.

AUGMENTED REALITY

→ The creation of sameness? Scan this photo with your Metro News app for a clip of Jeff Bridges in the new film The Giver!

metro AR → See the full instructions on Metro's Voices page.

FREE outdoor movies every Tuesday in August.

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50	$16	$13	$29	$20	$52	$36
65	$61	$40	$146	$94	$280	$183

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Trainor gives the skinny on Bass song

Booty beauty. Singer ecstatic that young girls have gravitated to her pop hit about body image and acceptance

Despite initial rejections from other artists and record labels, Meghan Trainor's song, All About That Bass, has become a huge hit, jumping to No. 8 on the Billboard chart and selling close to 400,000 copies. THE ASSOCIATED PRESS

Not everyone was initially All About That Bass.

Meghan Trainor, the 20-year-old who is having a pop-culture moment with the song about body acceptance, said she initially wrote the track and pitched it to other artists, but was turned away.

"Labels were like, 'We love it, but you have to reproduce it. You got to get it more synth-y, pop-y,'" said Trainor, who worked with producer Kevin Kadish on Bass. "We looked at each other like, 'Man, I thought this was a hit, but I guess not.'"

Things changed when record executive L.A. Reid heard the doo-wop pop song and told Trainor she should be the voice behind it.

He signed the budding songwriter to Epic Records after hearing her sing Bass while playing the ukulele.

This week, the song jumped 20 spots on the Billboard Hot 100 chart to No. 8. The single has sold 389,719 copies so far in five weeks, and the music video, which has 10 million views and climbing, has become a water cooler topic among young girls and their parents.

Bass features such standout lines as "it's pretty clear, I ain't no Size 2," "I'm bringing booty back," and "yeah, my momma, she told me don't worry about your size."

Trainor said Grammy-nominated Kadish, who has worked with Jason Mraz, had the song title but didn't know where to go from there.

"I immediately thought, 'Booty. Bass. Thickness,'" she said.

Trainor, who grew up in Nantucket, Mass., recently moved to Nashville, Tenn. She was signed to a publishing house in Music City, and wrote songs for Rascal Flatts and others.

Now, she's working on an EP and album to capitalize on the breakthrough that Bass has given her.

Trainor said she's ecstatic and humbled that young teenage girls have gravitated to the song.

"I tear up and I call my mom, like, 'Did you see that? Did you read that one?' because some girls are like, 'I've hated myself. I hated life. I didn't want to go to school. I get bullied. And then I heard your song and I cried,'" she said.

"They say they cried because they're happy and they dance around the room. And I was just like, 'What?' It's crazy."

Bass has given Trainor a boost as well. "I wish there was a song like this when I was 13," she said, adding she's not always confident.

"It's all mostly in my head," she explained. "I would sit there in class like, 'I know they are judging me right now. I know they're picking on me.' ... So it helped me a lot, watching this video and seeing the comments that were positive. It's helped me go up a little bit."

THE ASSOCIATED PRESS

Positive vibes

"I wish there was a song like this when I was 13."

Meghan Trainor, singer/songwriter
On the positive reaction among teens to her hit song, All About That Bass

Ford fit to be Star Wars right Han man again

Good news, Star Wars fans. Han Solo seems to be doing just fine. Harrison Ford was spotted looking fit as ever boarding a private jet in Los Angeles this weekend, presumably heading back to London to continue work on Star Wars: Episode VII after a production-upsetting injury earlier this year. The shooting schedule for the highly anticipated sequel was rearranged to accommodate Ford's recovery time, as the star of the original film trilogy is said to have a significant role in the new installment.

Harrison Ford ALL PHOTOS GETTY IMAGES

The Word

Love burned through $27M, but that's OK — it was only 'Nirvana money'

NED EHRBAR
Metro in Hollywood

It's official. Courtney Love has spent more money than any of us will probably ever have. And most of that cash she blithely dismisses as "Nirvana money." The nerve! "I lost about $27 million," she tells Style magazine. "I know that's a lifetime of money to most people, but I'm a big girl, it's rock 'n' roll. It's Nirvana money; I had to let it go." Well, she could've at least been nice enough to let some of it go in my direction, if she was so eager to part with it. Sheesh. And hell, I'm just a Nirvana fan. Imagine what Krist Novoselic would say. "I make enough to live on, I'm financially solvent, I focus on what I make now," Love says, adding insult to injury. So where did those millions go? Well, a lot of it came from her habit of mixing prescription drugs and social networking. As you do. Love explains that she'd get loaded and make remarks on Twitter that would result in people suing her, and she's still working out a few of those libel cases. But don't worry, she's a big girl. It's rock 'n' roll.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chloe calls whole dating thing 'stupid,' was just hanging out with Becks Jr.

Apparently now that E! News has broken the seal on the purported teenage romance between 17-year-old Chloe Moretz and 15-year-old Brooklyn Beckham, the topic is fair game, as the Sunday Times magazine interrupted an interview with the If I Stay actress to press her on the issue. Only one thing, though: Moretz ain't having it. "I don't even know what dating is at this point. It's all so stupid," said Moretz, who was recently seen enjoying an afternoon of skateboarding with Young Master Beckham. "Why can't you just hang out with each other? Go to dinner if you want to? Why can't you go skateboarding if you want to go skateboarding with a guy?" Oh, honey. You're going to be asking yourself questions like that for a long, long time.

Chloe Moretz

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Trapped in the chronic complaining trap? Get out!

People complain because they are bored, unhappy or it has become a habit.
ISTOCK

Tips. Even the most positive people get whiny sometimes. Recognize the reasons why you're doing it so that you can stop

GABRIELLE BERNSTEIN
Author of Spirit Junkie

Do you have a knack for zeroing in on what's wrong in a situation? Do you tend to focus on what's not working rather than what is? Do you fixate on flaws and let them ruin your experiences?

Heads up: You've fallen into the trap of complaining. It happens.

Even the most positive and easygoing among us can get caught in it.

But you've probably noticed that complaining doesn't actually make you feel better.

In fact, it usually darkens your outlook and saps your energy. When you find yourself breaking out complaints more often than you're expressing gratitude, turn things around by getting to the core of your behaviour.

There are three big reasons we complain — and simple ways to tackle each one.

We're bored

When we feel uninspired, we often look for things to complain about.

It can be easier to direct our energy toward something negative than it is to get creative and find ways to stimulate our mind.

The best way to combat this pattern is to redirect your focus. Choose to shift your energy from complaining to celebrating.

For instance, if you catch yourself complaining about the food at lunch, immediately shift your focus onto what you plan to cook for dinner.

Instead of fixating on what you don't like, take back your sense of control and think about what you can create.

When you realize you're capable of effecting change, the urge to complain fades.

We're not happy

Often when we complain about the negativity around us, we're unwilling to look at the negativity within us.

Therefore, we project our sadness outward by complaining about other people, our surroundings, or life in general. It's easier and more comfortable to blame things external to us.

But I'll let you in on an open secret: Facing up to the negativity within is liberating, because you can change it. The simple way out of this pattern is to focus on the good stuff. Proactively choose to focus on what feels good and what makes you happy.

Scientific research backs up the idea that focusing on what makes you happy really does bring more joy, energy and excitement into your life.

Set an alarm for three times throughout the day, and when it goes off do something simple to shift your focus.

It's a habit

Whenever I notice myself complaining, I witness an old habit showing up.

Even though this pattern of behaviour no longer resonates with me, it still pops up sometimes. The best way to change the habit is to witness it and then choose to see it differently.

If you catch yourself in the moment that you're complaining, you can pivot and choose to change your attitude in an instant.

That moment of change establishes a new pattern that creates healthier behaviour. Each time you catch yourself and choose to see things differently, you reinforce that new pattern.

Complaining can be tough to quit. After all, complaining about a situation makes us feel like we're not in charge of it, and therefore that we aren't responsible for working to change it. But escaping the trap is easier than you think and exhilarating, too.

camh
Centre for Addiction and Mental Health

Have you been in trouble with the law?

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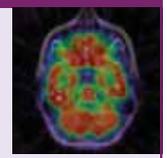
- *Behavioral problems as a child*
- *Problems following rules*



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The Tao of swimming, from an Olympic champ

Rebecca Adlington. In 2008, at 18, the English swimmer won two gold medals, then retired at 25. Today, she advocates for the overall benefits of being in the pool

Rebecca Adlington says the sport is still a huge part of her life. GETTY

A new study claims that swimming just a few laps a week can decrease negative emotions by a third. Having been the victim of Twitter trolls, would you say that swimming is what helped you deal with that?
It definitely gave me my confidence and my escapism. It's a huge part and love of my life. It's nice to be in a pool with your thoughts and be able to process things, and understand what's going on. It can give you peace.

How would you describe swimming?
Freedom. The feeling of being in water is unlike anything else; you can't replicate it. I go into my own world. And it's just kind of the weightlessness, which is kind of how I imagine space would feel.

A lot of people would rather go jogging or ride a bicycle — and wear leggings and baggy workout clothes — because they're insecure about the way they look in a swimsuit.

You go to the pool to escape, not to look or stare at other people. As soon as you hop in, no one's going to see you anyway.

It's also about getting the right swimming gear. A lot of swimsuits now have a lot of support; Speedo has a range that does this tummy tuck sort of thing. Like Spanx, but not as tight.

Would you say swimming is more of a sport or a therapy for you?
When I competed, it was definitely a sport. But it's now more about leisure. I don't even try to swim fast anymore.

I struggled with motivation right after the Olympic Games because my body was sick of exercising. So I gave it a good six months of not being in a pool. I took that time out to mentally and physically debrief; I had to learn it wasn't a race. METRO WORLD NEWS IN LONDON

Truth about e-cigarettes

No smoke, no fire?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

E-cigarettes are hyped as a new tool for butting out.

They are smokeless, have no tobacco, and feature a battery-operated cartridge that warms a liquid that may contain nicotine, water, flavouring and propylene glycol (an alcohol that is heated to create the vapour inhaled). Ingredients in the cartridges vary, and not all devices contain nicotine.

So are they safe?

Best Health magazine's Melissa Greer looked into it for the latest issue of Best Health, on newsstands now.

Dr. Andrew Pipe of the University of Ottawa Heart Institute says some people assume e-cigarettes will help them quit smoking, but "early studies haven't shown significant improvements toward quitting rates."

There's concern that e-cigarette users will use the devices in combination with cigarettes to feed nicotine addiction, becoming "double users," says Pipe.

More research is also needed to rule out worries around long-term inhalation of the device's ingredients, including propylene glycol and unregulated amounts of nicotine.

E-cigarettes with nicotine or that make health claims are illegal here, but some Canadians purchase them online from the U.S., the U.K. and even Canada.

Gary Scott Holub, a Health Canada spokesperson, says they have not been approved for use, sale or advertisement: "A company would have to provide evidence of safety, quality and effectiveness for its product to be authorized."

Without scientific evidence, Health Canada advises against their use, and the Canadian Cancer Society supports this position. As for e-cigarettes without nicotine, they are legal, but regulations for use and safety don't exist.

Unfortunately, both types may pose a health risk. "Because they're unregulated, they are manufactured in a variety of settings," says Pipe. "No one has a clear idea of what's in the solutions used."

Could they be a good thing? Maybe.

Dr. Peter Selby, chief of the addictions division at the Centre for Addiction and Mental Health in Toronto, says, "We've known for decades that smokers smoke for the nicotine but die from the smoke. E-cigarettes have the potential to help smokers quit while cutting exposure to the 7,000 chemicals, including 60 that cause cancer, found in cigarettes. There's incentive to study this technology further and consider a Health Canada-regulated product." PICK UP THE LATEST ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA

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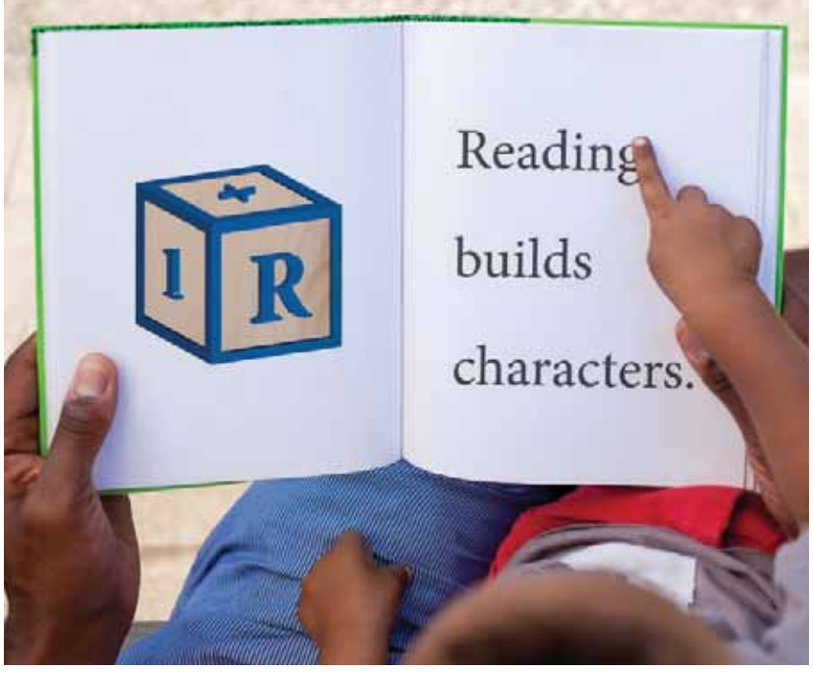

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APOTEX ADVANCING GENERICS

Good health starts with some milk

Incorporate dairy into diet to help prevent disease

When it comes to getting enough calcium in your diet, milk products — specifically milk, yogurt and cheese — are undoubtedly the gold standard.

Not only are these foods naturally high in calcium, but they are also chock-full of up to 15 other essential nutrients, such as protein, vitamin B12 and zinc, which all work together to provide health benefits and help protect against many diseases.

Clearly, if you miss out on milk products, you're missing out on a whole lot more than just calcium.

BONE HEALTH

Osteoporosis is a growing concern as our population ages. Making healthier lifestyle choices such as increasing activity (particularly weight-bearing exercises), not smoking and eating a balanced diet that includes calcium-rich foods such as milk products are important steps in preventing fractures and improving bone structure to prevent osteoporosis later in life.

NEW WAYS TO ENJOY

Try spreading your servings of milk products out throughout the day. Steep your tea in milk instead of water, have a latte instead of plain coffee, use vanilla yogurt sprinkled with cinnamon as a dip for fruit, and cook your oatmeal in milk for a creamier and more filling breakfast.

HEART HEALTH

Hypertension, which can lead to heart disease and stroke, is considered the "silent killer" because almost half of Canadians who have it aren't aware of it. Data consistently shows a significant benefit from consuming milk products in the prevention and management of hypertension because they contain nutrients such as calcium, magnesium and potassium.

CANCER PREVENTION

Colorectal cancer is the second leading cause of cancer death in Canada, yet it is highly preventable by adopting positive lifestyle changes. Calcium, vitamin D and other nutrients found in milk seem to play an important role in protecting against this type of cancer.

Unfortunately, despite the many health benefits of milk products, children, teens and adults are not getting enough. Statistics show that two out of three adults do not get enough milk products everyday. All it takes is two servings a day. Having a cup of milk with a meal and 3/4 of a cup of yogurt as a snack will do the trick.

After the age of 50, three servings a day is recommended.

SHUTTERSTOCK

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You getting enough every day matters. Because milk isn't just an excellent source of calcium to help maintain strong bones throughout life. It contains 16 essential nutrients, including vitamin D and protein, that provide many other health benefits. Too bad two out of three adults just don't get enough milk products every day. Do you?

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Health Solutions

Include watermelon at your dinner table today

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Who doesn't remember the childhood pleasure of sitting on a porch or stoop and letting watermelon juice run down your chin and wrists as you suck the sweet juice from a wedge?

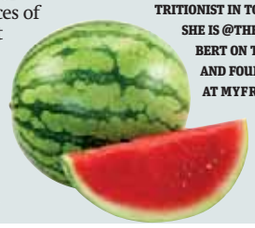
Now that you are a grown up, though, you have experienced the conundrum of what to do with the rest of the beast when the slurping is done. You'd be surprised.

Watermelon is one of the more intense sources of lycopene (that nutrient that everyone thinks is only in tomatoes!) that is known to help protect hearts and prostates. It is also high in vitamin A to protect the eyes.

High-water-content fruits and vegetables keep you hydrated and feeling full throughout the day in exchange for very few calories.

Here are some ways to use up the other half:

- Blend into a juice and use for smoothies;
- Blend with greek yogurt and freeze into popsicles;
- Use as you would tomatoes in sandwiches (simply pat dry with paper towel first);
- Grill for 30 seconds on a very hot barbecue as a base for ice cream desserts;
- Use as you would a raspberry puree in marinades and sauces;
- Chop with mint or cilantro and garlic as fresh salsa;
- Mix with feta and balsamic vinegar and serve on a pita;
- Chop into salads as you would strawberries.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Take ooey gooey goodness on the go

Pack a picnic. Grilled Cheese may not seem like a likely outdoor choice but this sandwich is better when it's cooled

You may not think of using watermelon to bump up a Grilled Cheese but, man, is it good!

The watermelon holds its water better than tomato. These babies are great on a griddle on a barbecue, in a skillet or a Panini press.

They are best wrapped and served cool!

AUGMENTED REALITY

→ Scan this photo using your Metro News app to follow along as Theresa Albert gives us some useful watermelon tips!

→ See the full instructions on Metro's Voices page.

Ingredients

- 4 slices watermelon
- 8 slices, 100% whole grain bread, chewy in texture
- Butter
- 2 tbsp (30 ml) mustard
- 6 oz thinly sliced extra-sharp cheddar cheese, divided equally ' in 4
- 1 1/2 cups (375 ml) baby arugula

This recipe serves four. THERESA ALBERT

1. Place the watermelon pieces between paper towels to absorb extra fluid. Set aside.

2. Butter each slice of whole grain bread on outside and spread the mustard on inside, and top with cheese. Top the cheese with baby arugula and watermelon slice.

3. On griddle or grill press, spray cooking spray and grill sandwiches on each side until the cheese begins to melt.

RECIPE ADAPTED BY THERESA ALBERT FROM WATERMELON.ORG

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Watermelon's savoury side

This simple recipe for spicy watermelon salad with feta cheese and basil is a great start to bringing out watermelon's savour side, but improvise as you see fit.

1. Divide the watermelon between 4 serving plates, then top each with a quarter of the banana pepper slices.

2. Using a mandoline, carefully shave about a quarter of the chili pepper over each plate. Alternatively, you can finely mince the chili, then scatter the pieces over the salads.

3. In a small bowl, whisk together the lime juice, sesame oil and sugar, stirring until the sugar is dissolved. Drizzle the dressing over the watermelon salads, then top each with some of the feta, basil and pine nuts.

THE ASSOCIATED PRESS

Ingredients

- 4 cups cubed watermelon
- 1/4 cup jarred banana pepper slices (or other pickled peppers)
- 1 red chili pepper
- 2 tbsp lime juice
- 1 tbsp toasted sesame oil
- 1/2 tsp sugar
- 4 oz feta cheese
- 1/4 cup fresh basil leaves, torn
- 1/4 cup pine nuts, toasted

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When a business hands you lemons

Meals made easy.
Foodiepreneurs are finding the right ingredients for Canadians on the go

TAKARA SMALL
Metro News in Toronto
@takarasmall

The days of buying a soon-to-spoil pound of potatoes for one meal may well be over. COURTESY OF FRESH CANTEEN

Dinner is in the bag, literally, thanks to a new food trend that is taking all the hard work out of making evening meals.

Two Canadian startups — Fresh Canteen and Mealspirations — are helping consumers create easy-to-make entrees with their home-delivered dinner kits.

"We've been in the food business for many years as importers of great products from around the world," says Vince Saroli, a member of the Fresh Canteen team.

"We felt it was time to share our passion for food and healthy eating by providing great meal kits so that people can get back in the kitchen and start cooking again, and discover wonderful flavours from around the world."

Fresh Canteen, which launched in 2013, delivers step-by-step recipes and ingredients for meals ranging from sweet chili salmon to flat iron steak. Once a week, they deliver three specialty kits that serve two people each for $75.

Each kit includes all the spices, vegetables or meat needed to make dinners created by the company's test kitchen.

Apart from simplifying the meal process for Canadians, the Fresh Canteen team is aiming to reduce waste and save customers money by providing them with the exact amount of seasoning and ingredients needed to make the perfect meal.

"It is a brand new concept in Canada," says Linda Ogbeide, owner of a similar food delivery company called Mealspirations.

"I had a very hectic job, which made it difficult to find time eating home-cooked meals.

"I often came home late and was too exhausted to go grocery shopping, but also to come up with a plan of what to cook," she says about the inspiration behind the company.

Ogbeide and her team collaborate with a variety of culinary professionals to make their meal package, which cost $78 for three kits that serve two people each.

"We put a lot of attention into our recipe development," she says.

What a dish

Go to metronews.ca/mom-and-pop-shops to see what recipe kits these Canadian entrepreneurs have created.

Neighbourhood nosh

Being based in Toronto, the multicultural environment allows us to find the products that we need to bring everything together for our customers.

Vince Saroli
Member of Fresh Canteen team

"We collaborate with Chef Matthew Kennedy to create seasonal recipes that are healthy, delicious and easy to make."

Recipe creation is the part of the business Fresh Canteen's Saroli says he enjoys most.

"Creating recipes is the fun part. We search for great ingredients and spices and then build fantastic dishes around them.

"We live in a city that offers a lot of opportunities to source out the best ingredients," he says.

"Being based in Toronto, the multicultural environment allows us to find the products that we need to bring everything together for our customers."

Although both entrepreneurs are set to reap the sweet rewards of their business, they are keen to point out the hard work it took to turn their dreams into reality.

"Most entrepreneurs spend all of their time on their business, including their personal time.

"It's important to designate non-working hours so you can spend time with your family and friends," says Ogbeide.

"All work and no play leads to burn out."

As for Saroli's advice?

"Talk to people, get guidance, and filter the information to meet your needs," he says.

"You will be amazed at how many people are out there willing to help out any way they can. Surround yourself with the best people possible."

CENTENNIAL COLLEGE

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Structural (Aircraft) Assembly Training Program

In partnership with Bombardier Aerospace, Centennial College will be running a new Structural (Aircraft) Assembly training program.

Join us for our Information Session:
Wednesday, August 13 at 6:30 p.m.
Auditorium, Ashtonbee Campus
75 Ashtonbee Rd.

This is a subsidized program for youth who qualify, and are between the ages of 18-29 with a high school diploma.

For more information contact
Janna Erichsen
jerichsen@centennialcollege.ca
416-289-5000 ext. 7256

Support for this program has been provided by the Ministry of Economic Development, Employment and Infrastructure.

Ready.Set.Work. | Ontario

See where experience takes you.

Exercising your intellect

From site to skill.
Beat summer brain drain with these four sites that will help you to use your cranium

LAKSHMI GANDHI
Metro World News

Hazy, hot and humid summer afternoons have often been used as the perfect excuse to procrastinate. But summer can be a great time to learn a new skill. Here are some easy and fun ways to do so.

Learn the ins and outs of the stock market
The new online investing platform Kapitall is designed for those who are just starting to get into the world of finance. Founded by veterans of the finance and tech worlds and a video game designer, Kapitall allows users to set up a virtual stock portfolio. Utilizing virtual money, users can practice trading stocks, take lessons, and compete tournament-style against other users.

"There are many that would say that the market is a game, but we're not trying to say that," says Kapitall's CEO Jarett Lilien. "But if you look at games, games should be approachable to those who are new to it."

Many people think that the markets are extremely hard to understand, Lilien continues. "There are a lot of barriers to entry and the problem is that they are intimidating to access as a newbie," he says. "We really try to target a mindset, and that's somebody who wants something that's less intimidating."

More advanced users can use the software to create a real portfolio.

Hosting a book club is a great excuse to both see your pals and use your smarts. ISTOCK

A professional plus

- Lynda.com offers hundreds of courses and online tutorials on everything from video editing, photography and design. Use it to learn programs like Photoshop or Final Cut Pro.

Become bilingual
Are you sad you've lost all of your high school Spanish or French? The free program duolingo.com lets aspiring students study French, Spanish, Italian and Portuguese with a variety of games and quizzes.

Read the classics
If you are looking for something a bit more intellectually heavy than the stereotypical summer beach read, thousands of classic books are available to download for free. Sites like Project Gutenberg and classicreader.com make it easy to access great works of literature.

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Get a head start

These pointers can keep you healthy, on budget, and focused this school year

Whether you're fresh out of high school or returning to your post-secondary studies, here are a few pointers to make the most of your school year:

YOU'RE NOT ALONE. Don't be afraid to ask for help from instructors and fellow students, and see what your school has to offer in terms of academic skills help, disability assistance, career planning and counselling.

"Managing time, managing stress, preparing for exams, all of that is often very important, especially for first-year students who are not used to the workloads or the strict deadlines," says Murray Sang, director of the student academic success service at the University of Ottawa. "We have time management tips, exam anxiety tips, those kinds of things."

KEEP AN EYE ON THE MONEY. "Do a back of the napkin calculation of what the school year will cost — tuition, books, booze, etc.," says Bruce Sellery, author of Moolala (Why smart people do dumb things with their money and what you can do about it).

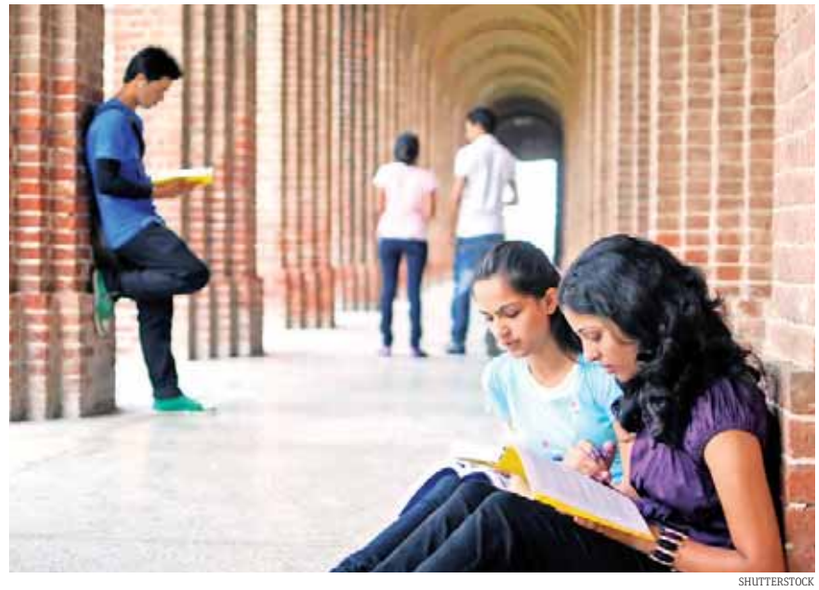
TOP STRESSORS

Eighty-four per cent of students surveyed by UThink.com say most days were at least somewhat stressful. Their biggest worries?

- Academic performance (78 per cent)
- Saving school money (77 per cent)
- Time management (68 per cent)
- Managing finances (59 per cent)
- Finding a job (54 per cent)

"Look at how much money you have coming in — from loans, scholarships, parents and savings. Then figure out what the gap is. Fill the gap before it is urgent: Get a part-time job. Ask your parents for another loan before you're desperate. Cut back spending."

PUT IN THE TIME. Your class work is just the beginning. For every hour of class, you should plan to spend at least one to three hours studying outside class, depending on the subject.



SHUTTERSTOCK

WRITE AS YOU READ. If you summarize your course readings as you go, you'll retain the information better and have ready-made exam study notes.

KEEP YOUR EXPECTATIONS REALISTIC. Getting 80s won't be as easy in your post-secondary studies as it was in high school. But it can be a lot easier if you keep your career goals in mind: Knowing where you're going not only helps you choose the right courses, but keeps you motivated.

MAINTAIN BALANCE. This simple matter might be the trickiest, but also the most important factor in your success at school. Take time for sleep, meals, exercise and social activities, so you don't burn out. *– Steve Collins*

SHUTTERSTOCK

LANGUAGE PROGRAM FOCUSES ON WORKPLACE COMMUNICATION SKILLS

Occupation Specific Language Training (OSLT) is a language program for newcomers focused on communication in the workplace. The project is funded by Citizenship and Immigration Canada and offered by 14 colleges across Ontario, including six colleges in the GTA — Centennial, College Boreal, George Brown, Humber, Seneca and Sheridan. Courses are free for permanent residents and protected persons.

Each course focuses on the use of language in a particular field with emphasis on speaking and listening. For individuals with little or no work experience in Canada, OSLT provides orientation to a specific occupation using materials and activities relevant to the workplace. Some of the topics include: how to present yourself in a job interview; how to communicate with colleagues in meetings and on the phone; how to write effective emails and express your point of view; how to make presentations; how to write persuasive cover letters and resumés — all in the context of a specific occupation.

OSLT courses are offered in the following broad sectors: automotive, business, construction and skilled trades, early childhood education, health sciences, human services, project management and technology.

Individuals who are interested in OSLT must have prior education or experience in one of the included occupations. Eligible individuals must also demonstrate an intermediate level of English with a Canadian Language Benchmark score of six to eight. Please see the OSLT website for specific occupations covered and college schedules: co-oslt.org.

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* Candidates are permanent residents or protected persons who have intermediate-level English (CLB 6 to 8)

CENTENNIAL COLLEGE | COLLÈGE BOREAL | GEORGE BROWN COLLEGE | HUMBER | Seneca | Sheridan

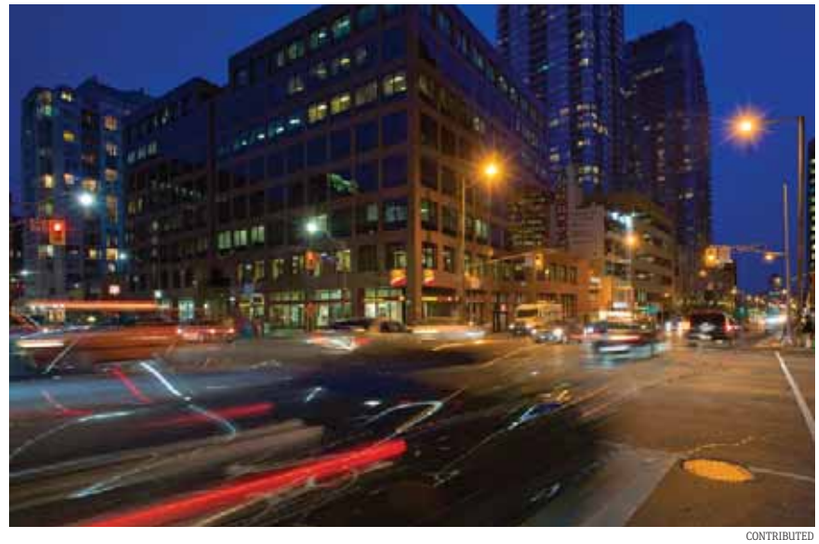
Funded by: Citizenship and Immigration Canada | Financé par : Citoyenneté et Immigration Canada

OSLT Occupation-specific Language Training | FLAP Formation linguistique axée sur les professions

COLLEGES ONTARIO | COLLÈGES ONTARIO

Centennial set to open new campus

Downtown location accommodates ESL students



CONTRIBUTED

AT EGLINTON STATION

- The new Centennial satellite location is a convenient, five-minute walk from the Eglinton subway station.
- This new location will open in time for September classes.
- For more info about the programs offered at this location, visit centennialcollege.ca.

To better serve Centennial College's growing population of international and continuing education students, the college is pleased to announce the opening of their brand new Centennial Learning Site.

Located at 124 Eglinton Ave. W., this new facility provides an opportunity for Centennial to expand on the delivery of English language training, as well as offer certificates for teaching English as a second language, a number of business courses, and postgraduate certificate programs.

"Our new location will have full services, and activities will be integrated with our main campus," says Virginia Macchiavello, the director of international education at Centennial College.

"We look forward to bringing a Centennial education to the area and making education accessible to the local community."

Macchiavello says part of the reason for the expansion was that the current, main campus was running at capacity. The new satellite location is expected to host a number of international students in the ever-popular English language training program.

This site will provide opportunities for Canadian students to take Centennial courses either on a part-time or full-time basis.

Because of the new, downtown location, it is also a great place for continuing education learners seeking professional development within the city.

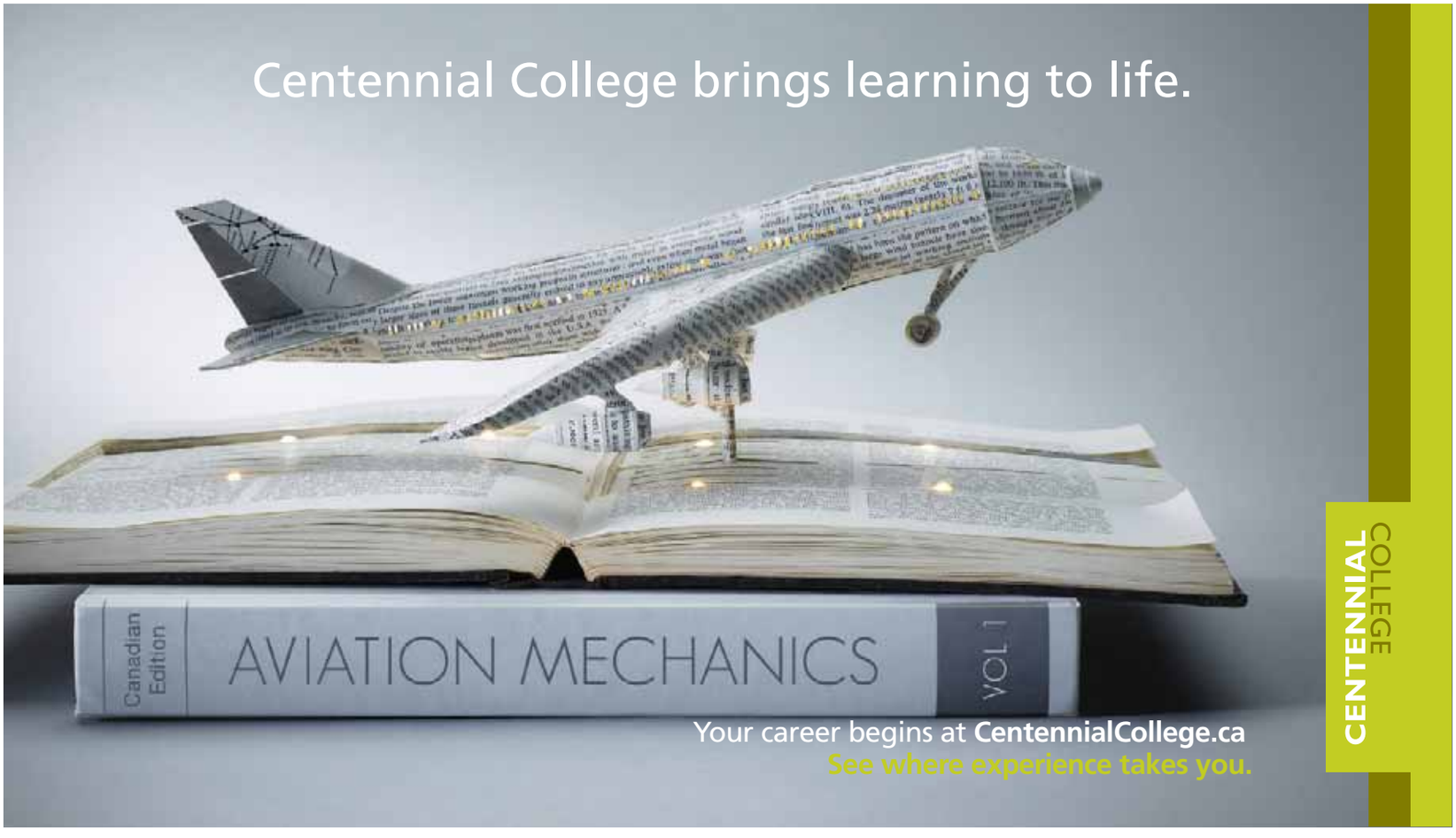
"Centennial College provides a post secondary education that is closely linked to industry," says Macchiavello.

"We want students to have the opportunity and support to develop their career and skills that will lead to employment as well as contribution to their communities."

Macchiavello says both international and domestic students represent the mosaic that makes up Canadian society and they believe Centennial graduates will have an impact locally, nationally and globally.

Centennial hosts more than 5,000 international students from 104 countries and sends more than four per cent of their domestic students for global experiences in exchanges, study and work abroad.

All students study global citizenship and social responsibility as it relates to their careers and personal development.



CFL

O'Shea returns as opposing coach

He spent 16 years with the Toronto Argonauts as a player and coach, winning four CFL championships — including the historic 100th Grey Cup. But Mike O'Shea isn't feeling any sense of nostalgia in his first game back at Rogers Centre as the Winnipeg Blue Bombers' head coach.

Winnipeg (5-2) visits Toronto (2-4) to cap a stretch of two games in five nights, coming off a 23-17 home loss to the Saskatchewan Roughriders. But not surprisingly, the 43-year-old O'Shea, a native of North Bay, Ont., downplayed his return.

"It doesn't stir any extra emotion," O'Shea said. "It's different staying in a hotel before the game and coming into the Toronto airport and trying to find a bus instead of my car."

O'Shea patrolled the middle of Toronto's defence for 12 of his 16 CFL seasons, winning Grey Cups as an Argos player in 1996, 1997 and 2004 and being named to the franchise's all-time squad. He became the club's special-teams coordinator prior to the 2010 season and was a member of current head coach Scott Milanovich's staff when the team beat Calgary 35-22 at Rogers Centre in the 100th Grey Cup. THE CANADIAN PRESS

Blue Bombers head coach Mike O'Shea MARIANNE HELM/GETTY IMAGES

Jays' Happ getting his time to shine

MLB. Left-handed starting pitcher enjoying his longest uninterrupted period of stability in Toronto

Blue Jays pitcher J.A. Happ has posted a 1.71 ERA since the all-star break. DAVID COOPER/TORSTAR NEWS SERVICE

Baseball is anything but a fair business, but J.A. Happ deserved a good turn.

Since arriving in Toronto a few days before the trade deadline in 2012, the six-foot-six left-hander could never seem to catch a break. Some of his woes were related to his own underperformance, but much was out of his control. When he wasn't battling arbitrary bullpen relegation, he was dealing with bizarre injuries. Along the way he developed a reputation as something of a malcontent.

Of late, however, Happ has been a stabilizing force in the Blue Jays' starting rotation. In his four starts since the all-star break, he has been remarkable, posting a 1.71 ERA while striking out nearly a batter an inning and averaging more than six frames each outing.

Perhaps it's no coincidence that Happ's recent success has come amid the longest uninterrupted period of stability in his Jays career.

"I always felt like if I was able to have a stretch like this, I would be able to figure it out," he told Torstar News Service this weekend.

What may have been his most hard-luck injury came in just his seventh start of 2013. He suffered a fractured skull when he was struck on the side of the head with a line-drive off the bat of Desmond Jennings in a frightening scene in Tampa. True to Happ's star-crossed Toronto tenure, it was a sprained knee suffered as he crumpled to the ground — not the fractured skull itself — that kept him on the disabled list for the next three months. Happ was back on the DL to start this year after he had a disastrous spring training while trying to pitch through a back injury.

But now Happ is pitching better than he has in years, and he says part of his recent success is a result of feeling more confident. "I have to trust myself and my stuff," he said. "Confidence is the most important factor in pitching. Without it, it's almost impossible to succeed."

Happ struck out a career-high 12 batters last week against Baltimore. He has nearly a 25 per cent swing-and-miss rate on pitches above the top of the strike zone this season, likely aided in part by the fact his average fastball velocity is up by more than two miles per hour this season compared to his career average.

The 31-year-old, who pitches Tuesday in Seattle, is potentially a free agent at the end of this year. If the Jays elect not to pick up his $6.7-million club option, he'll test the open market. So the final six weeks of the season are as important to him personally as his performance is to the Jays.

TORSTAR NEWS SERVICE

Jays vs. Mariners

Go to metronews.ca for coverage of Monday night's game in Seattle.

4 SPORTS

Wiggins not stressing what he can't control

NBA. With questions swirling around trade, No. 1 pick returns to familiar blacktop

Andrew Wiggins plays with kids while filming an ad for BioSteel Sports Drink at his old school on Monday in Concord. NATHAN DENETTE/THE CANADIAN PRESS

Hanging on a wall at Glen Shields Public School is the grad portrait of the class of 2008-09.

The kid in the fourth row from the bottom, fourth from the left, looks like any other ordinary teen; a little smile, a graduation gown, a gaze directly at the camera.

Outside the Concord public school Monday was proof that the kid in that picture is anything but ordinary.

Dozens of reporters, satellite TV trucks and autograph seekers were on the scene to get a piece of that very kid, Andrew Wiggins, the No. 1 pick in this year's NBA draft.

"It means a lot … coming back to my old stomping grounds. This is where it all started. Growing up here as a little kid, I was out here every day after school. I would come here before school, and play basketball here with my friends," said Wiggins.

These days, things are a little more complex than schoolyard ball. Pretty much from the moment he was drafted by the Cleveland Cavaliers, Wiggins has been the subject of trade rumours.

Last week, the Cavs reached agreement in principle on a deal that would send Wiggins to the Minnesota Timberwolves along with last year's No. 1 pick and fellow Canadian Anthony Bennett and a 2015 first-rounder for all-star Kevin Love.

In Cleveland, he would have been playing with LeBron James and Kyrie Irving. In Minnesota, he'll be a key part for a team in rebuilding mode.

Wiggins says he's not worked up about his fate.

"I don't worry about anything that's not in my control. I just know that when October hits and the season comes I'll be playing basketball, the sport I love," said Wiggins with a shrug and a smile.

And as for whether that life will some day bring him back to Toronto as a Raptor, Wiggins said he won't be stressing about that, either.

"I don't know. Only God knows. That's too far ahead."

TORSTAR NEWS SERVICE

OVO Fest

Drake's K.D. pitch costs Raps $25K

The Raptors have reportedly been fined $25,000 US by the NBA for comments rap star Drake made about Kevin Durant at last weekend's OVO Fest.

Drake, the team's global ambassador, used the stage at the Molson Amphitheatre to make a pitch for Durant to sign in Toronto when he becomes an unrestricted free agent in 2016.

"You know, my brother Kevin Durant was kind enough to come to the show tonight and watch us. I just want him to see what would happen if he came to play in Toronto. Let him know what would happen," Drake said as the crowd chanted "K-D, K-D, K-D."

THE CANADIAN PRESS

Drake TORSTAR NEWS SERVICE

Auto racing

Death on track not being considered criminal, police say

Kevin Ward Jr. died of blunt force trauma when he was hit by a car driven by NASCAR star Tony Stewart.

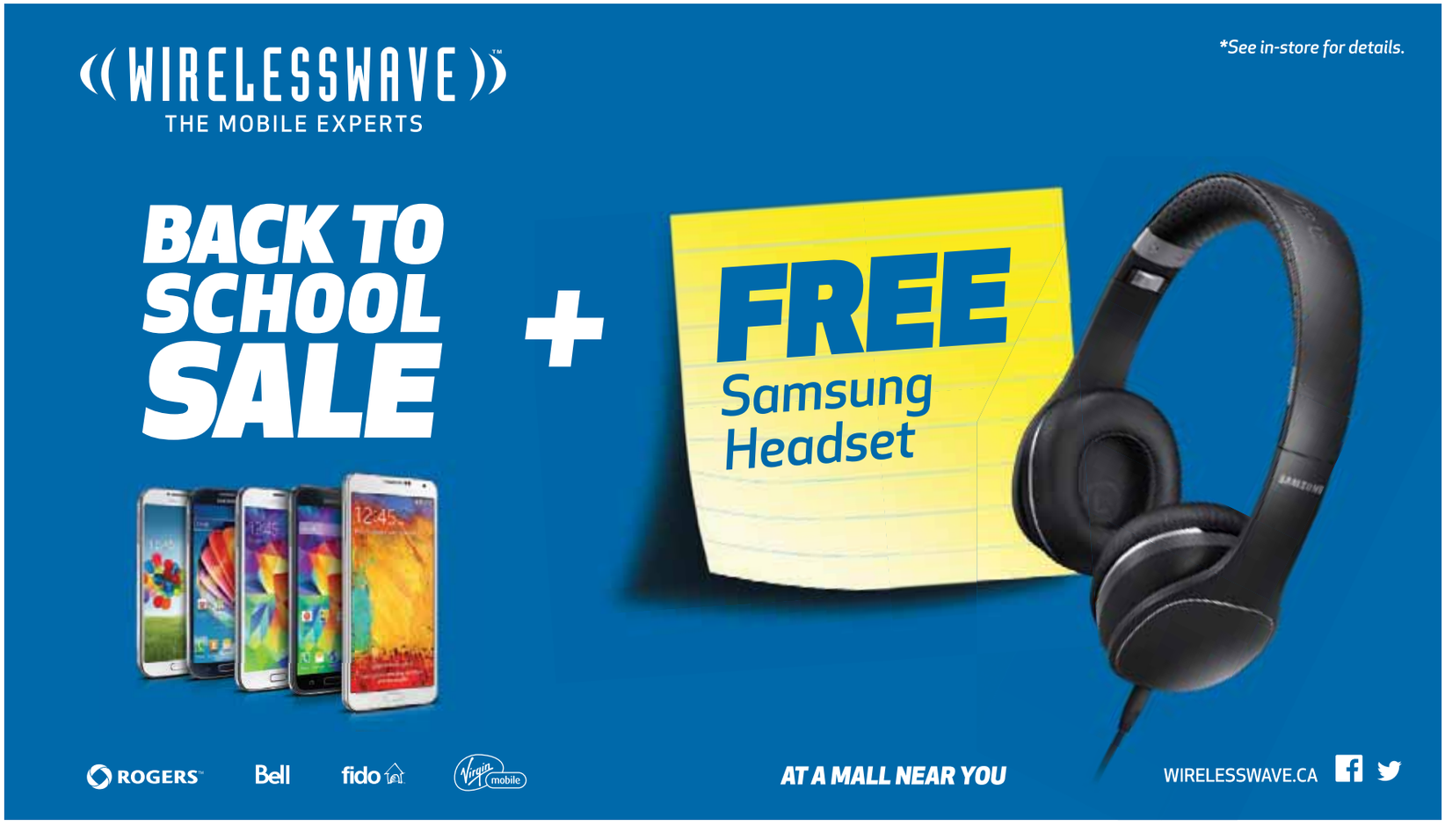
Ontario County Sheriff Philip Povero says the autopsy was completed Monday. The 20-year-old driver was competing in a dirt-track race in upstate New York.

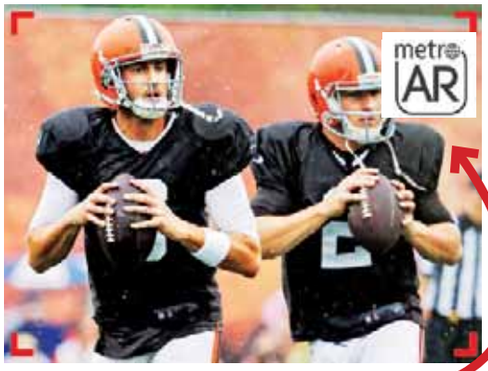
Authorities questioned Stewart on Saturday night and went to Watkins Glen to talk to him again Sunday. Povero said Monday there were no plans "at this time" to talk to him again.

There is no timetable to complete the investigation.

Povero says there is nothing in the inquiry that supports criminal conduct or probable cause. He says there was no camera in Stewart's car.

THE ASSOCIATED PRESS





There's only room for one

Cleveland's Brian Hoyer, left, and Johnny Manziel compete for the same quarterback job at camp on Monday in Berea, Ohio. Scan the image with your Metro News app for a gallery of NFL training camps.

MARK DUNCAN/THE ASSOCIATED PRESS

Time to bring that A-game to the pitch

U-20 Women's World Cup. Canada faces powerful North Korea, looking for a win to move to quarter-finals

Canada's captain Kinley McNicoll brings the ball under control as coach Andrew Olivieri looks on during the first half against Finland in Toronto on Friday. CHRIS YOUNG/THE CANADIAN PRESS

Canada's hopes of reaching the quarter-finals at the women's under-20 World Cup likely depend on a win against the toughest team in their group: North Korea.

Canada (1-1-0) plays North Korea (2-0-0) in their final group stage match Tuesday night at Olympic Stadium. The Canadians enter the game in a precarious position after losing their opener 1-0 to Ghana and then needing a dramatic, second-half comeback to top Finland 3-2.

"We've known since the 90th minute of the Ghana game that we needed two results, or two wins," coach Andrew Olivieri said Monday. "You saw the impact the crowd had in Toronto in the second half (against Finland). That was great for us. We hope to have the same in Montreal."

After playing before crowds of 14,834 and 16,503 at cosy BMO Field in Toronto, Canada will move indoors onto artificial turf in the cavernous, 55,000-seat Big O to face one of the top teams in women's soccer at the junior level.

The North Koreans, led by striker Ri Un Sim, downed Ghana 3-0 on Saturday after edging Finland 2-1 in their opener.

They are known as a well-organized, disciplined team that makes opponents pay for mistakes.

"We have to make sure we're careful and that there are not too many lapses," said Olivieri, a Montreal native and former goalkeeper for the Montreal Impact.

North Korea leads the group with six points and a plus-4 goal differential, while Canada has three points and an even differential and Ghana has three and is minus-2.

Finland has no points and is minus-2, but still has a chance to get into the tie-breaking mix if Canada loses and it wins big against Ghana in Moncton, N.B. on Tuesday night.

Canada looked doomed when it fell behind by two goals in the first half against Finland.

But Janine Beckie scored in the 48th minute, followed two minutes later by the equalizer from Valerie Sanderson, who slotted home a feed from Nichell Prince. Spurred by a roaring home crowd, Prince got the game-winner that kept Canada in contention.

THE CANADIAN PRESS

NFL

Seahawks' Lynch investigated in assault claim

Police in Bellevue, Wash., are investigating whether Seattle Seahawks running back Marshawn Lynch was involved in an assault and damage of personal property.

The incident was reported by the female victim about 12 hours after it took place in an apartment. Police say there was no domestic violence or sexual assault involved in the allegation. THE ASSOCIATED PRESS

Fear of Ebola outbreak

Togo wants to move match out of Guinea

Togo officials have asked the Confederation of African Football to move a game out of Ebola-affected Guinea as the outbreak of the deadly disease threatens to disrupt the African Cup's final qualifying round.

Games involving Sierra Leone are already under scrutiny after that country said it would not host any football matches until further notice because of Ebola. THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Get plenty of rest today because you are going to be super busy towards the end of the week. The planets will confront you with challenges that demand a strong response.

♉ Taurus
April 21 - May 21
Set yourself targets, but don't aim so high that failure is more likely than not. You don't have to be perfect – you're perfect just the way you are.

♊ Gemini
May 22 - June 21
Don't worry if you have not yet made a serious start on an important project because you will get your chance over the next two or three days. Just keep your emotions out of it.

♋ Cancer
June 22 - July 23
You cannot have things your own way all of the time but you will always get another chance, so why worry? Look forward today, not back.

♌ Leo
July 24 - Aug. 23
If there are things you still need to do, get working on them today. Tomorrow there will be other issues that demand your time and attention.

♍ Virgo
Aug. 24 - Sept. 23
Less than two weeks from now a new solar year will begin and you will no longer be held back by issues over which you have no control. The good times are on their way.

♎ Libra
Sept. 24 - Oct. 23
You need to take life at a more relaxed pace over the next 24 hours. You will have to deal with important issues, of course, but, seriously, there is nothing to worry about.

♏ Scorpio
Oct. 24 - Nov. 22
It won't be long before you have to make a choice between a personal relationship and your work. You will need to focus in a single direction.

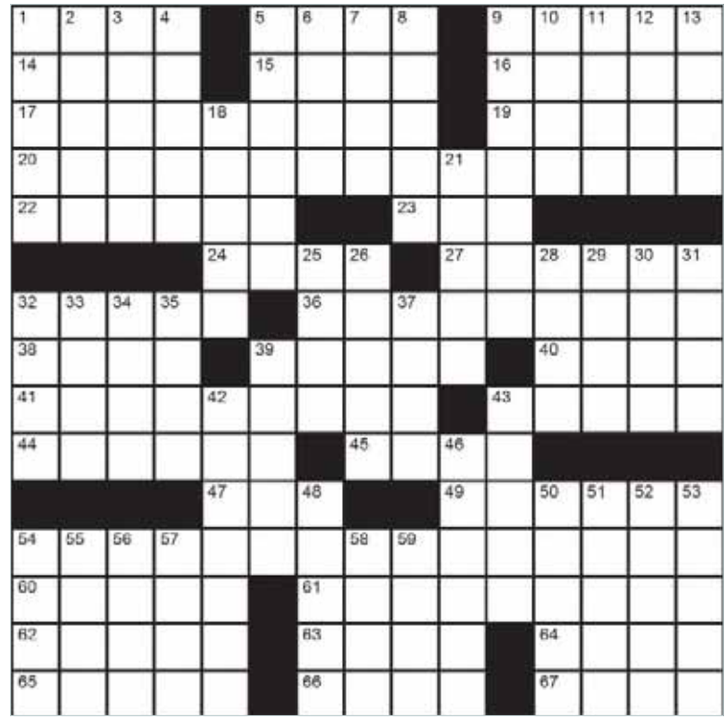
♐ Sagittarius
Nov. 23 - Dec. 21
Over the next 24 hours you will have to admit your negative views about a newcomer to your social circle were totally wrong. It seems they are a lot nicer than you thought.

♑ Capricorn
Dec. 22 - Jan. 20
You can transform your existence, but it won't be until the Sun moves in your favour on the 23rd. In the meantime, be patient. Your time will come.

♒ Aquarius
Jan. 21 - Feb. 19
Resist the urge to go to extremes when dealing with people you don't much like or the bad feelings you create may come back at you.

♓ Pisces
Feb. 20 - March 20
Only you can decide if a relationship is worth carrying on with but you don't have to decide right now. There are still a few twists and turns and surprises to come, so stay calm.

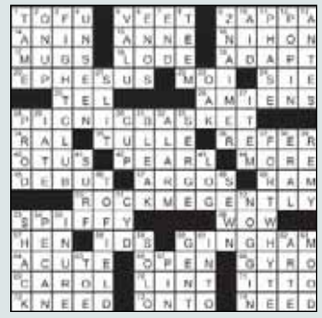
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1.Canadian rapper, see 41-Across for more!
5. Cushy
9. Terra __
14. Bathe
15. Advocate
16. Online aid, e.g., _-__
17. Snowy mountain danger
19. Lively
20. Charge led by The Beatles: 2 wds.
22. "Open __!"
23. "I got an '_' __ the quiz!"
24. Memo abbr.
27. Manitoba: __ Grain Elevators National Historic Site
32. "Say that thou __ forsake me..." — Shakespeare
36. Red River __ __ (Canadian breakfast serving)
38. Hautbois
39. Workshop machine
40. "Not __ __ watch!"
41. "The __ __ Still Lives At Home" (Song by #1-Across)
43. "God helps __ who..."
44. Levi's __ __ jeans
45. Rob Thomas' "This Is __ _ Heart Breaks"
47. Universal principle
49. Drives
54. Canadian __-__-__ (The English Patient or Life of Pi)
60. Canadian heavy metal band
61. Winnipeg, 'The Heart of the __'
62. Vista
63. Gloria's dad, to Meathead
64. Old shipping weight allowance
65. Dispatches
66. Articulates
67. "My king"

Down
1. Concrete chunks
2. __-Aubert (One of Magdalen Islands)
3. J'__; Nous avions...
4. "__ Dawn" by Tanya Tucker
5. Day-to-evening time
6. Philharmonic gr.
7. E-J link
8. Brandon __, Hilary Swank Oscar-winning role
9. French painter, Paul __ (1839-1906)
10. Actress, Carre __
11. "Mickey" by __ Basil
12. Blinds/shades co., Blinds __ __
13. Kirk __, "Superman" (1948) star
18. Point towards: 2 wds.
21. National Gallery of Canada's striped painting, __ of Fire
25. Comparison word
26. Number-counter's nick
28. David __ ("Rhoda" husband-portrayer)
29. Jay __
30. Pet food brand
31. Leonard __, Roy Rogers' birth name
32. Gateway
33. 'Access' suffix
34. "The Days and Nights of Molly __"
35. Aug. follower
37. Vincent van Gogh's brother
39. Manitoba community
42. Is U2, does this: __ and hums
43. Singer Ms. Terrell
46. Lengths cohorts
48. Killer whales
50. Boucherville 'bridges'
51. "...if __ _ saw one!"
52. Ocean vessel
53. Seven: Italian
54. Rocker's instrument
55. Newfoundland folk trio, The __
56. Stove
57. Nice
58. Ms. Ephron
59. 'Consist' suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	1		4				3
	8					9		
9		7		3	6			
		6	3			5		
			1		2			
		3			9	4		
			2	8		7		5
		5					2	
4				9		8	3	

Yesterday's Sudoku

5	1	9	2	6	7	8	4	3
2	8	3	9	1	4	6	5	7
4	6	7	8	5	3	1	9	2
1	3	2	4	9	6	7	8	5
9	7	8	5	3	1	4	2	6
6	4	5	7	8	2	9	3	1
8	2	4	1	7	5	3	6	9
3	5	1	6	4	9	2	7	8
7	9	6	3	2	8	5	1	4

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STUDENT CLAIMS TIMS OFFERED HER A PALTRY SUM IF SHE DIDN'T TALK TO THE MEDIA ABOUT GETTING SCALDED PAGE 3

Expendables light on plot and plasma

Reel Guys say Expendables series skimps on both blood and brains in third instalment PAGE 15

Phil Kessel keeping up ice-man act

Leafs sniper says he has no plans to open up off the ice and no plans to ease off the pressure in game PAGE 24

NEWS WORTH SHARING.

StatsCan: 1 in 13 women in military sexually assaulted

Canadian Forces. Many fear reprisal, disbelief or dismissal by military investigators: Lawyer

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

One in 13 female full-time members of the Canadian Forces have been sexually assaulted in connection with their service, Statistics Canada has found.

The agency surveyed 6,700 full-time regular members of the Forces with a proportional percentage of women and men to the military from April to August 2013.

Of the women surveyed, 7.6 per cent said they had been sexually assaulted "while either deployed on Canadian Forces operation, at a Canadian Forces Workplace or by a Canadian Forces member or civilian Department of National Defence employee."

The figure jumps to 15.6 per cent when including women who reported being touched sexually against their will in the course of their service.

"Sexual assault" was defined for the survey as "someone forcing you or attempting to force you into any unwanted sexual activity, by threatening you, holding you down or hurting you in some way."

The other category, "unwanted sexual touching," was defined as "unwanted touching or grabbing, kissing or fondling."

Of the men surveyed, about 0.2 per cent said they had been sexually assaulted in connection with their work. However, Statistics Canada cautions that the number is low enough to be at risk of sampling error.

Adding the men who said they had experienced unwanted sexual touching, the number rises to 0.8 per cent — about 500 of the Forces' 55,500 male soldiers. That number is statistically valid, according to the agency.

The Canadian Forces Mental Health Survey 2013 was conducted by Statistics Canada in conjunction with the Department of National Defence. It surveyed currently serving members only and would not have included anyone who was sexually assaulted and left the military before the survey was conducted.

STORY CONTINUES, PAGE 4

Canadian Forces officers salute during their battle group's departure parade and flag-lowering ceremony at a Kandahar air base in 2002. A StatsCan survey has found that 15.6 per cent of women in the Canadian military reported being sexually assaulted or touched against their will. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Explanation

"I can't even speculate.... The 'why' this occurs, that's a much bigger question."

Military psychiatrist Col. Rakesh Jetly

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Complaint. Nancy Ceci says doughnut chain has been anything but sympathetic to her plight

It was very hot tea. But after it spilled on her legs, one Richmond Hill woman says she received some cold treatment.

Nancy Ceci stopped in at the Tim Hortons at King Road and Yonge Street last month to study with her boyfriend. He stood up, jostled the table and in a split second, Ceci says, the extra-large tea was all over her bare legs.

Now, the 22-year-old York University student, who has daily appointments at a burn clinic, can't expose her legs to sunlight for a whole year.

When she called Tim Hortons to complain about the incident, she says the company rebuffed her.

"Tim Hortons isn't doing anything. Nothing. They've just wiped their hands of it. They've said they're not responsible and 'We're not helping you,'" she told the Torstar News Service.

Tim Hortons says it is still looking into the incident.

"We are very empathetic to Ms. Ceci's situation and we are treating it very seriously, with both care and compassion for the injuries that she has sustained," wrote Tim Hortons spokewoman Michelle Robichaud in an email.

After conducting a week-long investigation, Ceci says the head office called her back and offered her a $50 gift card if she agreed to not go to the media.

"I'm not going to sell my legs for $50," said Ceci.

Tim Hortons contests parts of Ceci's story.

There's a cap on damages for pain and suffering in Canada, said Darcy Merkur, a Toronto lawyer who does personal injury work, and punitive damages against corporations have been reduced by the Supreme Court.

"Canadians are more practically minded," Merkur said. "We don't have wacky jury awards like the United States."

Ceci has consulted a lawyer, but doesn't have high hopes for a lawsuit.

TORSTAR NEWS SERVICE

Nancy Ceci suffers from burns she says she received when her boyfriend spilled tea on her legs. CONTRIBUTED

Resolution

Blair accepts Doug Ford's apology

Chief Bill Blair has accepted a formal apology and retraction of previous comments from Coun. Doug Ford, dropping threats of a lawsuit.

After Ford issued a letter — first approved by Blair and his lawyer — to the media Thursday, the chief held a news conference at police headquarters announcing the matter had been "resolved."

TORSTAR NEWS SERVICE

Water levels

Bitter winter a boon for Great Lakes

Boaters, cottagers and freighters on the Great Lakes are benefiting from last winter's polar vortex, with water levels rising to average heights for the first time in more than a decade.

The coldest winter in 20 years caused more than 90 per cent of the surface water to freeze, reducing evaporation. Coupled with heavy snowfall and a rainier than usual spring and summer, recent weather propelled water levels to rebound above the long-term average in lakes Michigan, Huron and Superior for the first time since the late 1990s.

TORSTAR NEWS SERVICE

Sugar Beach

Spielberg classics at waterfront film fest

Boaters and beachgoers are coming together for a drive-in movie-watching experience at Sugar Beach this week.

With a double-sided inflatable movie screen floating in Toronto Harbour, the waterfront festival takes the urban outdoor movie phenomenon to a wet new place as people watch from their boats.

This year's "creature craze" theme brings Jaws, Jurassic Park and E.T. to the screen. The all-Spielberg lineup was picked by the public with a record-breaking 4,900 votes.

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HUDSON'S BAY

Sex assault stats too high: Expert

STORY CONTINUED FROM PAGE 1

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

This infographic represents a survey by Statistics Canada that indicates 1 in 13 female members of the Canadian Forces has been sexually assaulted while either deployed on Canadian Forces operation, at a Canadian Forces Workplace or by a Canadian Forces member or civilian Department of National Defence employee. THE ASSOCIATED PRESS/METRO

The survey also covered many aspects of mental health and trauma. Some results concerning mental health and alcohol use were publicly released this week. A section on military sexual trauma was also included in the questionnaire.

Metro requested and received a breakdown of the sexual trauma results.

University of Ottawa PhD candidate Ashley Bickerton is studying military sexual assaults. Bickerton said the sexual trauma data was welcome but criticized the definition of sexual assault used in the survey because most people — and the law — consider "unwanted touching or grabbing, kissing or fondling" to be sexual assault.

Statistics Canada said that definition was used because it was consistent with surveys done in the past and would produce comparable results.

An external review into sexual assault policy and procedures, training and culture in the Canadian Forces, by retired justice Marie Deschamps, is underway and the results are expected in spring 2015. It was launched after a Maclean's/L'actualité investigation that included multiple interviews with military women who spoke about being sexually assaulted by other soldiers or commanding officers and then mistreated by the command when they reported it.

Female CF members

1,400

The number of the 8,900 full-time female CF members (in 2013) who have been sexually assaulted, or sexually touched against their will while on base, on an operation or by military or non-military DND personnel, according to the survey

Male CF members

500

The number of the 55,500 full-time male CF members (in 2013) who have been sexually assaulted, or sexually touched against their will, according to the survey, while on base, on an operation or by military or non-military DND personnel

Average number of complaints

178

The average number of complaints of sexual assault per year since 2000, from full-time and reserve members, to the military police, according to a Maclean's/L'actualité investigation.

A larger issue

Michel Drapeau, a former Canadian Forces member who served for 34 years and is now a lawyer with an expertise in military law, represents soldiers who've been sexually assaulted. He called the statistics of sexual assault and unwanted touching that occurred in connection with military service "extraordinarily" high.

The U.S. military also has extremely high rates of sexual assault, he said.

Drapeau said that, typically, CF members are reluctant to report sexual assault because allegations are investigated by the military — which in general puts a strong emphasis on discipline and respecting authority — and go through the chain of command.

"If you do go through the system it is investigated, it goes through the military police who wear the same uniform, who are part of the same culture," he said.

He added victims worry they won't be believed and their military lives will be ruined.

"It's a rank-based organization," he said. "If you are victimized ... before you announce it, your first fear is, 'Would I be believed? Would I be taken seriously? Would there be reprisals?'"

Most often, victims don't report sexual assault, he said.

Male victims don't come forward often either, he said.

"They're supposed to be macho and male, by God, so many of them will be more reluctant about their assault."

In "too many" cases the military suggests mediation, he said. "But what could you possibly mediate?"

Drapeau is critical of the ongoing external review, because it excludes any review of the military police and justice system. Sexual assault was investigated and tried by civilian police and courts until 1998 and he would like to see sexual assault investigation back in the civilian system.

"Civilian police are able to investigate regardless of the rank that applies," he said. "With somebody like (convicted murderer and rapist) Russell Williams on the base, military police may be very intimidated to knock on the door of a colonel. And a victim may be very intimated to report to the police or the prosecutor an action by a senior officer."

DND's response

The Department of National Defence made Col. Rakesh Jetly, a psychiatrist and mental-health adviser to the Canadian Forces command, available for an interview with Metro about the Military Sexual Trauma statistics.

Rakesh said the sexual trauma statistics were gathered as part of a large survey on mental health that was meant to help the military better understand the "burden and the impact of mental illness" and trauma for members of the Canadian Forces. DND has not yet analyzed the sexual trauma data and had not yet seen it until asked about it by Metro.

Some analysis of the data will be presented in November, he said.

"As a responsible health organization we want to ask the questions — we've asked about different kinds of trauma. Sexual trauma is one of type of trauma — because we want to see, first of all, how often does it occur and we want to see its relationship to the illnesses," he said.

Asked if the statistics are high, Rakesh said: "As a senior officer in the Canadian Forces, it's concerning to see numbers — it almost doesn't matter what the numbers are — it's disturbing — as (Chief of the Defence Staff, Gen. Thomas Lawson) has said already that sexual trauma within our workplace does occur."

Rakesh couldn't speculate on why the numbers are as high as they are, what the figures say about the culture of the military or the use of military rather than civilian police to investigate. He also couldn't comment on whether new female recruits would be informed of the new statistics.

"We don't know when it occurred in people's careers," he said. "Further analysis is going to be needed."

Rakesh said that the military has robust mental health support for its members and confidential treatment is available for sexual assault victims whether or not they decide to inform military police.

Yonge and Bloor

Woman livid after bike removed from TTC pole by security guard

Lisa Ferguson was coming out of a meeting near Yonge and Bloor when she noticed her silver hybrid bike was missing from the TTC pole she had locked it to.

Devastated at the thought that it had been stolen, she was about to go home and "have a good cry."

She was stunned when a security guard at nearby Hudson's Bay Centre told her he had cut down the bike himself, along with a few others.

"He said that he was ordered to do so by the property manager Brookfield, because it's private property," she said.

When contacted by Torstar News Service Thursday, Brookfield Property Group spokesman Matt Cherry said the company had been told that "in general it's prohibited to affix anything to TTC property" but they were "looking into the legality of it."

Milly Bernal, a spokesperson with the TTC, said Brookfield was "given no direction to remove the bikes."

Ferguson said one of the security guards in the Hudson's Bay Centre told her they get several angry cyclists a day complaining about bikes being taken.

"The lock that I have is known to be pretty impenetrable and they cut through it like it was butter," she said.

Coun. Kristyn Wong-Tam said the TTC pole outside the Hudson's Bay Centre that the bikes have been removed from is public property.

"According to the official record of highways, the TTC sign and the posts and the bicycles are sitting on the public right of way, the city's right of way, which means it's the public sidewalk," said Wong-Tam.

Wong-Tam added the long-term solution is better biking infrastructure in the city.

TORSTAR NEWS SERVICE

Lisa Ferguson holds her sawn-off bike lock. TORSTAR NEWS SERVICE

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'Grossed out.' Woman asks TTC to take down ads for psych ward escape game

A Toronto yoga instructor is calling for the TTC to remove a series of ads for a mystery game business encouraging participants to escape from a psychiatric ward.

Anne Theriault, 32, says she has filed a complaint with the TTC to remove posters promoting Mystery Room's escape game experience. The advertisements for the North York company are emblazoned with the message: "Enter if you dare … Escape if you can!"

In the wake of actor Robin Williams' struggle with depression and his recent suicide, Theriault, a former psychiatric ward and mental-health hospital patient, said she was "grossed out" by the ads.

She believes they may deter those in need of treatment from seeking help and could undermine recent campaigns to de-stigmatize mental-health services.

Joe Burton, Mystery Room's owner, said Theriault's complaint was "a complete shock."

Anne Theriault
DAVID COOPER/TORSTAR NEWS SERVICE

"We didn't mean to offend anybody," he said. "We were just thinking of scary themes and someone suggested a psych ward would be scary, but we didn't really think of someone who was in one who might be offended."

He has yet to hear from the TTC about the matter, but says he will apologize to Theriault and ask the TTC to change the posters. **TORSTAR NEWS SERVICE**

Miracle Treat Day has its cake and Kessel, too

Toronto Maple Leafs' sniper Phil Kessel and SickKids Patient Ambassador Jake McKee pose at the 12th annual Miracle Treat Day on Thursday. The cake, autographed by Kessel, celebrated the 30th anniversary of the partnership between Dairy Queen and the Children's Miracle Network. All the proceeds from every Blizzard Treat sold were donated to the Children's Miracle Network member hospitals. More on Kessel, page 24. CONTRIBUTED

York University

Student federation 'disgusted' by anti-immigration flyers

Anti-immigration flyers have appeared at York University, less than a week after similar flyers resurfaced in Brampton.

The York Federation of Students said the flyers were brought to their attention on Wednesday. They include the York University logo, and display two photos of York sports teams: one is black and white and shows white men only, while the second, more recent, picture shows various ethnicities.

The flyer is titled "The Changing Demography of York University," and says that if "mass third world immigration continues, Canadians will be reduced to a persecuted minority, not only at York, but in their own country!!"

The student federation's vice-president, equity, Mithilen Mathipalan, said students were "disgusted and appalled" by the flyers. **TORSTAR NEWS SERVICE**

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NORTH YORK
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North York Sheridan Mall
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Yorkgate Mall

OAKVILLE
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Oakville Place

ORANGEVILLE
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OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
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TTC MODERNIZATION PLAN STARTING TO BEAR FRUIT WITH NEW STREETCARS

ANDY BYFORD
CEO
TORONTO TRANSIT COMMISSION

The introduction into service of the first of our new fleet of air-conditioned, accessible streetcars is imminent.

Starting with the 510 Spadina on Aug. 31, the TTC will progressively convert each of our 11 streetcar routes to the new vehicles, retiring the old cars over five years.

Keeping the older streetcars operating is a daily challenge for our maintenance teams. The existing streetcars are at the end of their design life and are becoming increasingly unreliable. Parts are no longer available from the manufacturer, so we have to make our own spare parts and take from other vehicles that are off the road in order to deliver service to ever-increasing numbers of riders.

To ensure that service levels are maintained throughout the transition program, our in-house teams are carrying out a program to extend the lives of the best of the existing vehicles. Critical components are being refurbished and replaced to coax a few more years out of these old workhorses – no mean feat when you consider that they use obsolescent parts such as printed circuit boards to control key systems.

These refurbishment programs are possible because of the ingenuity, professionalism and in-depth knowledge of our very own vehicle maintainers and engineers.

At our Harvey Shop, where the streetcars receive heavy overhaul, many of the staff have served the TTC for decades, acquiring skills that cannot be found elsewhere. I call them – and their counterparts in the operational carhouses – our "miracle workers" for the job they do to put service out against the odds, day in and day out.

The TTC's Five-Year Corporate Plan sets the stage to modernize the TTC. The plan's success relies heavily on the professionalism and dedication of those who maintain and operate the third largest transit system in North America – in spite of aging equipment, rising customer numbers and the lowest operational subsidy of any major transit network.

These are exciting times for the TTC and you, our customer. We are all beginning to see the fruits of our labours. The new streetcars are an unmistakable milestone on this journey.

EMPLOYEE PROFILE

Name:	Position:	Years of Service:
Lisa Trusty	Project Administrative Secretary	6

There is always something happening behind the scenes at the TTC – and I am just one of the many people involved. Working in the Engineering, Construction & Expansion Group, I have had the privilege to be part of various teams that build transit infrastructure to support our City, such as the modernization of Dufferin and Pape Stations and the building of the Spadina Subway Extension, just to name a few. It is incredibly rewarding to know that I have a part in helping to get millions of customers to their destinations on a daily basis.

TAKE THE TTC TO THE CNE

Starting today, the TTC will be running extra service to the Canadian National Exhibition on the 511 Bathurst streetcar, 29 Dufferin bus, 193 Exhibition Rocket bus and 509 Harbourfront bus. On Saturday, August 16 (the 93rd Annual Warriors' Day at the CNE) Canadian veterans of war and peacekeeping missions and one companion can ride the TTC free of charge. Visit ttc.ca for details.

MEET YOUR NEW RIDE, TORONTO!

Network Map

The TTC's new low-floor streetcars will roll-out on the 510 Spadina route on Aug. 31, with implementation on all 11 streetcar routes by 2019. Today, we review the robust streetcar network and how it connects with the subway system. For more information on the roll-out schedule, visit facebook.com/StreetcarTO, Twitter @StreetcarTO, or newstreetcars.ttc.ca.

WEEKEND LINE 1 CLOSURE – UNION TO ST ANDREW STATIONS

This weekend, on Saturday, Aug. 16 and Sunday, Aug. 17, there will be no service between Union and St Andrew stations as TTC crews prepare for the opening of the Union Subway Station second platform on Monday, August 18. Customers heading to Union Station must travel south from Bloor-Yonge Station or walk from St Andrew Station. A Wheel-Trans service will be available for customers requiring an accessible connection. On Monday, the new second platform will open, changing the way customers navigate Union Subway Station. New signage will indicate which platform serves the University Line Northbound to Downsview and which serves the Yonge Line Northbound to Finch. Customer service staff will be on-hand to offer assistance.

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††Full size fragrance from the selection included in the set.

Price in effect Saturday, August 16 to Friday, August 22.

SHOPPERS DRUG MART

Utah restaurant

Worker put toxic chemical in tea

An attorney for a 67-year-old woman who drank sweet tea laced with an industrial cleaning chemical at a Utah restaurant says it was mixed into the tea by an employee who mistook it for sugar.

Lawyer Paxton Guymon says the restaurant manager told Jan Harding's family that the worker accidentally put large quantities of a product containing lye into the iced tea dispenser Sunday at Dickey's Barbecue Pit in South Jordan. The chemical, used to degrease deep fryers, is highly toxic.

Harding is in critical condition at a Salt Lake City hospital's burn unit.

South Jordan Police Cpl. Sam Winkler says incident appears to be accidental.

THE ASSOCIATED PRESS

Brazil plane crash

Presidential race changes after top contender killed

Brazil's political landscape was being redrawn Thursday, a day after a small plane crash killed a top presidential candidate less than two months before the election.

The death of politician Eduardo Campos in a plane that smashed into a white-collar neighbourhood in the port city of Santos is reshuffling the candidates and voter preferences, and could further complicate president Dilma Rousseff's re-election, analysts say.

Political observers say Campos' socialist party is expected to declare his running mate Marina Silva, one of the country's most popular politicians, as its presidential candidate in the coming days.

THE ASSOCIATED PRESS

A protester takes shelter from smoke billowing around him Wednesday in Ferguson, Mo. Protests in the St. Louis suburb rocked by racial unrest since a white police officer shot an unarmed black teenager to death turned violent Wednesday night. DAVID CARSON/THE ASSOCIATED PRESS

Police clash with crowds in aftermath of shooting

Ferguson, Mo. Residents complained of heavy-handed police presence

Police used tear gas and smoke bombs to repel crowds who threw Molotov cocktails during another violent night on the streets of a St. Louis suburb in the wake of the shooting of the unarmed 18-year old Michael Brown.

Hours earlier, the police chief had said race relations were the top priority in the town, where a white police officer fatally shot the black teen. Authorities have vowed to reach across the racial, economic and generational divide in a community in search of answers.

In the streets of Ferguson, though, the polite dialogue heard at community forums and news conferences is nowhere to be found.

Instead, officers from multiple departments in riot gear and in military equipment have clashed nightly with protesters, who chant, "Hands up, don't shoot." Wednesday saw more tense confrontations and further volleys of tear gas from police — this time paired with smoke bombs in response to flaming projectiles and other objects lobbed from the crowd. Protesters faced heavily armed police who at times trained weapons on them from armoured trucks.

Two reporters said they were detained by police for not clearing out quickly enough from a McDonald's where they were working, near the protests but away from the more volatile areas. The two, who work for The Washington Post and The Huffington Post, respectively, were released without any charges. Both say they were assaulted but not seriously hurt.

THE ASSOCIATED PRESS

Response to shooting

City streets not for 'tanks and M16s'

A Democratic congressman plans to introduce a bill to restrict a Defence Department program that provides machine-guns and other surplus military equipment for free to local law enforcement agencies across the U.S.

Rep. Hank Johnson said city streets should be a place for businesses and families, "not tanks and M16s." He said a Pentagon program that transfers surplus military equipment to state and local law enforcement has led to police agencies resembling paramilitary forces.

1 Yonge-University-Spadina Line

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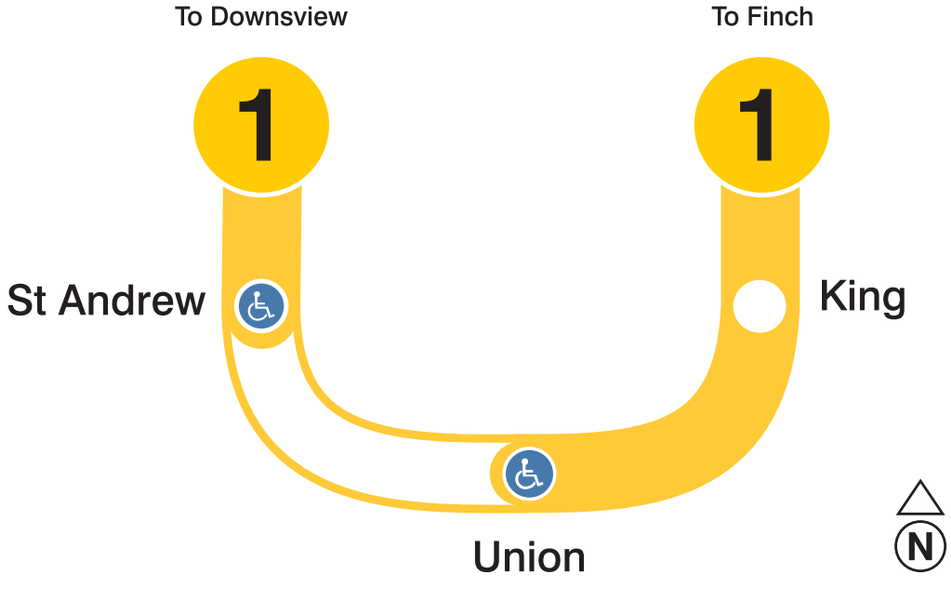
August 16 – 17



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Michael Sona found guilty

Scandal still lingers years after election

• The Commissioner of Canada Elections received more than 40,000 general communications and complaints about robocalls after the 2011 federal election. Most were from people who said they had not actually received an inappropriate call, but wished to express concern that these kinds of calls had taken place.

• On polling day, May 2, 2011, hundreds of calls purporting to be from Elections Canada and giving erroneous poll information were made in the riding of Guelph. Investigators linked the calls to a pay-as-you-go cellphone belonging to a non-existent subscriber, identified as "Pierre Poutine."

• People from seven ridings went to Federal Court asking that the election results in those constituencies be overturned because of robocalls.

• A Federal Court judge eventually concluded that fraud was a factor in the robocalls, and that the Conservative party database known as the Constituency Information Management System, or CIMS, was likely the source of the contact information used, but said that was not enough to overturn the election results.

• Only one person, former Conservative staffer Michael Sona, was charged with having wilfully prevented or endeavoured to prevent an elector from voting in connection with the Guelph robocalls. Sona was found guilty Thursday.

THE CANADIAN PRESS

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Former Conservative party staffer Michael Sona leaves court on Thursday in Guelph, Ont. DARREN CALABRESE/THE CANADIAN PRESS

Judge finds ex-Tory staffer guilty of fraud in robocalls controversy

'Likely' didn't act alone. Michael Sona's 'apparent arrogance and self-importance' were his downfall, judge says

Michael Sona fell victim to his own "apparent arrogance and self-importance," a judge said Thursday as he convicted the former Conservative staffer of using automated phone calls to misdirect voters in the 2011 federal election.

But in passing judgment, Superior Court Justice Gary Hearn added his voice to a growing chorus of those who believe the so-called robocalls affair was not the work of a single rogue operator acting alone.

Sona, 25, the only one ever to be charged in the case, hung his head in the Guelph, Ont., courtroom.

The judge rejected the inconsistent and "largely self-serving" testimony of the Crown's star witness, Andrew Prescott, who held out for an immunity deal before agreeing to testify against his former friend and colleague.

Much more credible, said Hearn, were the other witnesses: young Conservative employees who described how Sona eagerly bragged about an elaborate plan to stymie Liberal voters, one he likened to the TV action-drama 24.

In their closing arguments, both the defence and Crown said they believe more than one person hatched the plot — a conspiratorial note that has long pervaded the robocalls narrative.

"Although the evidence indicates he did not likely act alone, (Sona) was a party to the offence," he said. "I'm also fully satisfied that he did so with clear intention to prevent and endeavour to prevent the electorate from voting."

"The balance of the evidence which I do accept is sufficient to establish beyond a reasonable doubt that Mr. Sona is guilty," he said. Sona's "apparent arrogance and self-importance" were his downfall, he added.

Sona, who faces a maximum penalty of five years in prison and a $5,000 fine, returns to court for a sentencing hearing on Oct. 17, at which point "we'll be making very forceful submissions on sentencing," said Crown attorney Croft Michaelson — a warning, perhaps, to political operatives of all stripes watching in Ottawa.

Conservative party spokesman Cory Hann was quick to react to the verdict, issuing a statement within minutes of the decision. "As we've said all along, the Conservative party ran a clean and ethical campaign," he said. THE CANADIAN PRESS

Doublespeak?

Amazon makes another enemy

The literary executor of George Orwell's estate is accusing Amazon.com of committing an Orwellian crime: doublespeak. In a letter in The New York Times, Bill Hamilton criticized Amazon for "turning the facts inside out" by alleging that the British author known for 1984 and Animal Farm had urged publishers in the 1930s to join together and stop the rise of paperbacks. THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.72¢ (+0.12¢)

TSX
15,291.18 (+28.45)

OIL
$95.58 US (-$2.01)

GOLD
$1,315.70 US (+$1.20)

Natural gas: $3.90 US (+$0.02)
Dow Jones: 16,713.58 (+61.78)

Uber banned in Berlin

In this June 11 file photo, taxi drivers gather after a protest drive against the competition from Internet and mobile applications designed for calling cabs in Berlin, Germany. Berlin taxi drivers are now celebrating a decision by authorities to ban the ridesharing service Uber from operating in the city. JOERG CARSTENSEN/DPA/THE ASSOCIATED PRESS FILE

Intel using 'big data' to battle Parkinson's

Parkinson's disease.
Computing giant teams up with Michael J. Fox

Anonymous patient data is aggregated and analyzed for new insight into Parkinson's disease. INTEL

U.S. computing giant Intel recently announced it was joining an effort to battle Parkinson's disease with new big data and wearable technologies to improve research and treatment.

Intel said it would work with the Michael J. Fox Foundation for Parkinson's Research — created by the Back to the Future Canadian-American actor — on the effort to fight the neurodegenerative brain disease second only to Alzheimer's in worldwide prevalence.

The research will use "a new big data analytics platform that detects patterns in participant data collected from wearable technologies used to monitor symptoms," an Intel statement said.

"This effort is an important step in enabling researchers and physicians to measure progression of the disease and to speed progress toward breakthroughs in drug development."

The statement added that by collecting and analyzing data from thousands of individuals, such as slowness of movement, tremor and sleep quality, researchers can get a better picture of the progression of the disease.

The research will use wearables that "can unobtrusively gather and transmit objective, experiential data in real time, 24 hours a day, seven days a week," according to the statement.

"Nearly 200 years after Parkinson's disease was first described by Dr. James Parkinson in 1817, we are still subjectively measuring Parkinson's disease largely the same way doctors did then," said Todd Sherer, the foundation's chief executive.

Robin Williams' wife recently said that her husband was battling with the early stages of Parkinson's at the time of his suicide. AFP/WITH FILES FROM THE ASSOCIATED PRESS

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DRAKE, UPTOWN GIRL & #SHARKWEEK

THE METRO LIST

Neil Morton
metronews.ca

1 **Nice one, Drake.** The Toronto Raptors were fined $25,000 by the NBA for comments their team ambassador Drake made to Kevin Durant at a recent concert in Toronto where Drake basically said "Come to T.O.!" when you're a free agent. Now the NBA has deemed that a violation of its anti-tampering rules. Methinks the ROI was worth it here after the attention this is getting.

2 **YouTube killed the video star ...** A fascinating new survey by Variety — and this is backed up the sheer number of Internet personalities at Fox's Teen Choice Awards Sunday — found that the five most influential figures among teens 13 to 18 are all YouTube faves, beating out Hollywood A-listers such as JLaw and Seth Rogen. Hollywood, watch out: The future really is online.

3 **Still an Uptown Girl, even 20 years after the divorce.** In 1983, Billy Joel had model Christie Brinkley star in his dance-filled music video Uptown Girl. The couple later married, then divorced in 1994, but at a concert on the weekend at Madison Square Garden, Brinkley was there and he serenaded her with the song. Christie shared her own excitement on Instagram, saying, "He's still got it!" Yep, she's always a woman to him.

4 **A sharktastic week indeed.** Who said TV is dead? The Discovery Channel's "Shark Week" proves some stuff on the boob tube has staying power. Shark Week is celebrating its 27th anniversary this week, with seven days of sharktastic TV. Heck, even Rob Lowe got in the action, riding two sharks in a trippy "So sharky" promo video. Naturally, the #SharkWeek hashtag was also getting thousands of bites online.

5 **... And the video star that killed the medium before it celebrates 30 years.** It was once a pop culture phenom across Canada, but a lot changes in three decades — like hairstyles, children's names and a world going digital. Still, nostalgia is always en vogue so Much's 30th anniversary special Aug. 30 will be a must-watch for the groundbreaking interviews they did, and videos they showed. Before digital killed the TV video star.

6 **Oh snap! Snapchat is a growing thing.** Many dismiss Snapchat as a frivolous social media tool for tweens. But it's growing up. A new study says 70 per cent of college students in the U.S. report posting on it at least once a day, compared to 46 per cent on Twitter and only 11 per cent on Facebook with the same frequency. Point is, all social media matures. So adults and brands, time to start paying attention!

7 **And the live-tweet is officially a thing.** Among the words Britain's Oxford University Press has added to its online Oxford Dictionaries is "live-tweet" — the act of posting comments about an event on Twitter as it is taking place. So you can live-tweet this tidbit while reading my column.

8 **Goodbye Robin Williams.** R.I.P. The impact you had will never be forgotten. You gave us tears of laughter. This week, you gave us tears of pain. But you also opened the conversation in a huge way about mental health, addiction and depression.

WAR IS OVER!
I KNOW YOU WANT IT

Sydnor Thompson, age 90, kisses his wife, Harriette, age 91, while re-enacting the Times Square Kiss photo. They are not the people pictured in the original iconic photo. ANDREW BURTON/GETTY IMAGES

WWII vet re-enacts famous Times Square kiss to commemorate end of fighting

The Spirit of '45 was well alive on Thursday as veterans gathered at Times Square in New York City to mark the 69th anniversary of the end of the Second World War and America's victory over Japan.

A 26-foot statue by Seward Johnson depicting the iconic Times Square Kiss photo taken by Alfred Eisenstaedt was unveiled at the event, and war veteran Sydnor Thompson and his wife, Harriette, re-enacted one of the most famous kisses of all time. METRO

The Times Square Kiss statue. GETTY IMAGES

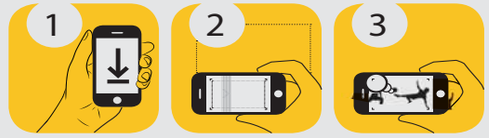
Story behind the image

The original photo was made famous after it was featured in Life magazine.

- The woman in the shot, Greta Zimmer, did not know the sailor who kissed her and has said of the moment: "That man was very strong. I wasn't kissing him. He was kissing me."
- Some people view the photo as a very public documentation of a sexual assault, and not something to be celebrated.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



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In this issue, you can find AR enhancements on page 15 in Scene and page 24 in Sports.

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metro AR

MetroTube

Well, that's one less thing to pack

ANDREW FIFIELD
andrew.fifield@metronews.ca

Are you packing for a multi-month, globe-trotting backpacking adventure? There are a few things you need. Toiletries. Clothing for all manner of climates and seasons. Phrase books. Power adapter. Camera. We're pretty sure those are the essentials. Wait! We almost forgot the most important part. A cool gimmick ideally tailored for step-by-step updates along the way. Dancing was taken years ago. So are first-person shots of your significant other leading you around by the hand. Now, thanks to this guy and his turn-per-person operation, you can leave the Rubik's Cube at home, too. (nyassin14/YouTube)

SCREENGRAB

metro
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Brawny bash needs brains

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Sly Stallone and Arnold Schwarzenegger get a run for their acting money from stunt doubles. CONTRIBUTED

Synopsis

The tough-as-nails Expendables are back. A mission to stop a shipment of bombs brings grizzled mercenaries Barney Ross (Sylvester Stallone), Lee Christmas (Jason Statham), Gunner (Dolph Lundgren), Toll Road (Randy Couture) and Caesar (Terry Crews) face to face with their toughest adversary yet, arms dealer Conrad Stonebanks (Mel Gibson). Determined to bring down Stonebanks, Ross retires the old-timers and recruits a fresh group of soldiers, but he may find his old dogs have some new tricks.

- **Richard:** ●●●○○
- **Mark:** ●●○○○

AUGMENTED REALITY

→ Scan this photo with your Metro News app for a look at one of the action-packed scenes in Expendables 3!

metro AR

→ See the full instructions on Metro's Voices page.

The Expendables 3.

Sly rounds up his old-time action heroes for another romp, but in all the bombs, bullets and bazookas, something is missing — a plot

Richard: Mark, more people die in the first five minutes of this movie than in any other two war movies combined. There is death by bullet, bazooka and bomb. It's a wild but oddly bloodless beginning to the movie. Perhaps it's because they have scaled back the rating to PG13 from the hard Rs the last two Expendables enjoyed, but removing most of the over-the-top violence leaves an absence of the over-the-top fun of the originals. Why arm Stallone and Company up the wazoo and then skimp on the fake blood and faux carnage?

Mark: I kind of liked the first two but this instalment felt ... expendable. All the young guns recruited are interchangeable and even the old guys are pretty boring. Schwarzenegger exuded more danger as a governor of a state with 18 per cent inflation, Dolph Lundgren looks like a Dutch drag act and only Mel Gibson registers as a crazed billionaire bad guy, a role he's been rehearsing for years.

RC: How could you not love Wesley Snipes saying that his character was put in jail for tax evasion? It's art imitating life! Or something. I thought that most of the performances weren't so much performances as they were action-star posturing. Kelsey Grammer, as a recruiter for the new batch of Expendables, stands out because he does some actual acting. So do many of the obvious stunt doubles. The rest are bulked-up chunks of machismo floating in a sea of testosterone.

MB: Wesley Snipes and his tax joke did make me smile but then he disappears from the story until the end. There are just too many characters to follow: Even the poster is in widescreen. The movie felt like an abattoir populated by frisky sides of beef.

RC: Still, as an old-school action movie, it works well enough, despite the lack of gallons of fake plasma. I liked the attempts of creating new catchphrases — which are a must in these kinds of films — like Crews yelling, "It's time to mow the lawn," before spraying thousands of bullets into a dock packed with baddies. Also, the action scenes are shot clearly and effectively, and unlike last week's Teenage Mutant Ninja Turtles, you can actually see who is shooting-punching-blowing up-kicking-garroting-etc. who. It makes it easier to cheer for the good guys when you can tell who the bad guys are.

MB: Even with a high body count there's this little thing called plot that I demand. I'm still waiting.

SCENE

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:*

Drama/Sci-Fi

The Giver

Stars. Jeff Bridges, Meryl Streep, Brenton Thwaites

The haunting story of The Giver centres on Jonas (Brenton Thwaites), a young man who lives in a seemingly ideal, if colourless, world of conformity and contentment. Yet as he begins to spend time with The Giver (Jeff Bridges), who is the sole keeper of all the community's memories, Jonas quickly begins to discover the dark and deadly truths of his community's secret past.

Rotten Tomatoes™ score
Critics: 56% **Audience:** 96%

Drama

Yves Saint Laurent

Director. Jalil Lespert

Stars. Pierre Niney, Guillaume Gallienne

In January 1958, Yves Saint Laurent (Pierre Niney) — aged merely 21 — was unexpectedly called upon to oversee the legendary Paris fashion house established by recently deceased Christian Dior. All eyes turned to this very young assistant as he presented his first collection for Dior and instantly ascended to the heights of haute couture's elite class.

Rotten Tomatoes™ score
Critics: 49% **Audience:** 45%

Drama/Comedy

The Trip to Italy

Director. Michael Winterbottom

Stars. Steve Coogan, Rob Brydon

Michael Winterbottom's largely improvised 2010 film, The Trip, took comedians Steve Coogan and Rob Brydon — or semi-fictionalized versions thereof — on a restaurant tour around northern England. In this followup, Winterbottom reunites the pair for a new culinary road trip, retracing the steps of the Romantic poets' grand tour of Italy and indulging in some sparkling banter.

Rotten Tomatoes™ score
Critics: 86% **Audience:** 76%

Drama/Comedy

Frank

Director. Lenny Abrahamson

Stars. Michael Fassbender, Maggie Gyllenhaal

Acclaimed Irish director Lenny Abrahamson follows up his award-winning films Adam & Paul, Garage, and What Richard Did with an offbeat comedy about a young wannabe musician, Jon (Domhnall Gleeson), who finds himself out of his depth when he joins an avant-garde pop band led by the mysterious and enigmatic Frank (Michael Fassbender), a musical genius who hides himself inside a large fake head.

Rotten Tomatoes™ score
Critics: 88 % **Audience:** 90%

Documentary/Drama

The Dog

Director. Alison Berg, Francois Keraudren

Stars. John Wojtowicz

An intimate portrait of John Wojtowicz, the inspiration behind Al Pacino's character in Sidney Lumet's Oscar-nominated Dog Day Afternoon. John Wojtowicz took pride in being a pervert. His libido was excessive even by the libertine standards of the 1960s, with multiple wives and lovers. In August, 1972, he attempted to rob a Brooklyn bank to finance his lover's sex reassignment surgery. The attempted heist resulted in a 14-hour hostage situation that was broadcast on TV.

Rotten Tomatoes™ score
Critics: 92% **Audience:** 88%

Comedy

Let's Be Cops

Director. Luke Greenfield

Stars. Damon Wayans Jr., Jake M. Johnson

It's the ultimate buddy cop movie except for one thing: They're not cops. When two struggling pals dress as police officers for a costume party, they become neighbourhood sensations. But when these newly minted "heroes" get tangled in a real-life web of mobsters and dirty detectives, they must put their fake badges on the line.

Rotten Tomatoes™ score
Critics: 17% **Audience:** 66%

Drama

About Alex

Director. Jesse Zwick

Stars. Maggie Grace, Jason Ritter

In About Alex, a circle of 20-something friends reunite for a weekend away after one of them suffers an emotional breakdown. Despite the group's best efforts to keep it light and enjoy themselves, a tinderbox of old jealousies, unrequited love, and widening political differences leads to an explosion that — coupled with the flammable combination of drugs, wine and risotto — cannot be contained.

Rotten Tomatoes™ score
Critics: 60% **Audience:** 78%

Drama/Comedy

It Was You Charlie

Director. Emmanuel Shirinian

The story of a lonely graveyard shift doorman named Abner, a once-accomplished sculptor and former college art teacher, now a mere shadow of his former self. He is heartbroken because of an unresolved conflict with his brother over a woman he once loved, and at the same time consumed with suicidal thoughts as he remains profoundly haunted a year after a terrible car accident that took the life of the young woman in the other vehicle.

Rotten Tomatoes™ score
Critics: No score yet **Audience:** 25%

If I Stay. Chloë Grace Moretz tackles role that poses big life questions

Chloë Grace Moretz stars in If I Stay, which opens next Friday. CONTRIBUTED

Seventeen-year-old Chloë Grace Moretz has played a young vampire in Let Me In, a would-be superhero in Kick Ass and cinema's most famous telekinetic, Carrie. It's a diverse group of roles, but Moretz says she can draw a straight line from character to character.

"They're linear," she says, "in the sense that they're all strong characters.

"A lot of them are like me, the basis of them. They all have a big mountain in front of them but they are going to climb it and fight as hard as they can. The weakest character, but also the strongest character, I've played is Carrie. She is two different characters in one, so diverse and so dark. There is so much to learn from her."

In her new film If I Stay, she plays Mia, a gifted teenage cellist from a family of musicians. When a catastrophic accident throws her into a coma, she has an out-of-body experience.

The rest of the story is told from the perspective of her memories before the accident and in the present, as she observes, ghostlike, the aftermath of the car crash.

The character appealed to her because she saw some of herself in Mia.

"She's an introvert until she plays the cello and the cello brings her alive. It's how I am. I'm pretty shy, unless I'm speaking about my job. I'm really shy around teenagers my age. Sometimes it's because they judge me and it kind of scares me. Crowds scare me, teenagers scare me, new people. I get really quiet and awkward."

With that insight, she hoped to make Mia true to the character created by author Gayle Forman in the bestselling book that inspired the movie.

"My biggest thing was making her honest to the book," she says.

"I have been a fan of book series, and then I'll see the movie and think, 'That was such a let-down.' I hate that feeling because for me, I want to be able to be a fan of my own work."

The movie is a tear jerker, but Moretz says she doesn't like it "when people chalk up a movie to being all about crying. I like to walk out of a movie feeling like I have learned something, that something's changed."

After seeing If I Stay, she hopes audiences "leave feeling they felt something. It is a really beautiful movie about life and death and happiness and sadness and music.

"It is a beautiful story — a moment in time that doesn't really have any boundaries."

RICHARD CROUSE/METRO

Quoted

"It is a beautiful story — a moment in time that doesn't really have any boundaries."

Chloë Grace Moretz on If I Stay

"THE BEST EXPENDABLES YET!"
- Fred Topel, Crave Online

"KICKASS ACTION... A FUN RIDE!"
- Paul Shirey, JoBlo.com

"TESTOSTERONE-FUELED FUN."
- Chris Tilly, IGN Movies

STALLONE · STATHAM · BANDERAS · LI · SNIPES · LUNDGREN · GRAMMER · COUTURE · CREWS · LUTZ · ROUSEY · POWELL · ORTIZ · DAVI · GIBSON · FORD · SCHWARZENEGGER

THE EXPENDABLES 3

GET FIRED UP

SUBJECT TO CLASSIFICATION

#EX3 THEEXPENDABLES3FILM.CA

LIONSGATE

STARTS TODAY Check Theatre Directory for Locations & Showtimes.

"BRILLIANT.
'THE TRIP TO ITALY' IS THE
'GODFATHER 2' OF ROAD MOVIES."
THE HOLLYWOOD REPORTER

A film by MICHAEL WINTERBOTTOM
STEVE COOGAN ROB BRYDON

The TRIP to ITALY

Anyone for seconds?

COARSE LANGUAGE

MADMAN

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YouTube.com/eOneFilms

Baby Cow

small man

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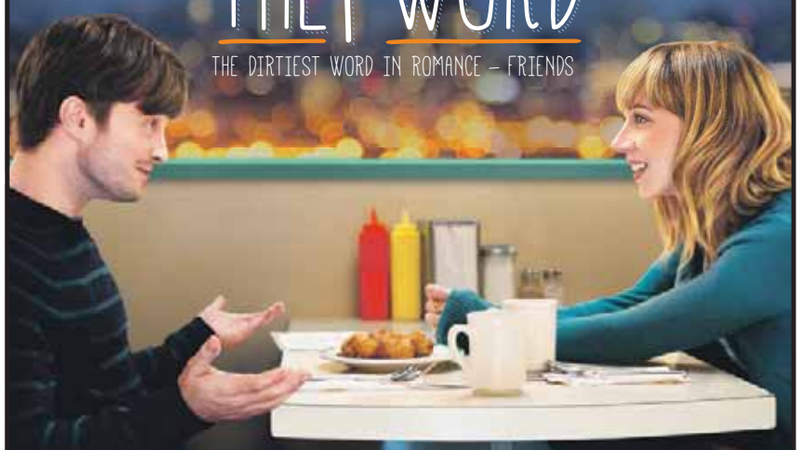
See it on a date, see it with a friend,
see it by yourself... Just see it."
Norm Wilner, Now Magazine

THE F WORD

THE DIRTIEST WORD IN ROMANCE – FRIENDS



DANIEL RADCLIFFE ZOE KAZAN MEGAN PARK ADAM DRIVER

A FILM BY MICHAEL DOWSE DIRECTOR OF "GOON"

FACEBOOK.COM/EONEFILMS
YOUTUBE.COM/EONEFILMS

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IN THEATRES AUGUST 22ND

"IF YOU LOVED
THE BOOK, TAKE
MY WORD FOR IT
YOU'LL LOVE
THE MOVIE
AS WELL."
LOIS LOWRY, AUTHOR OF "THE GIVER"

People
MAGAZINE'S
#1 PICK

ACADEMY AWARD® WINNER JEFF BRIDGES
ACADEMY AWARD® WINNER MERYL STREEP

BRENTON THWAITES · ALEXANDER SKARSGÅRD · ODEYA RUSH · KATIE HOLMES · TAYLOR SWIFT

THE GIVER

BASED ON THE WORLDWIDE BEST-SELLER

PG MATURE THEME

WALDEN MEDIA

SCREENPLAY BY MICHAEL MITNICK AND ROBERT B. WEIDE DIRECTED BY PHILLIP NOYCE

Facebook.com/eOnefilms TheGiverFilm.ca Youtube.com/eOnefilms

STARTS TODAY Check Theatre Directory for Locations & Showtimes.

ENTERTAINMENT ONE

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 15 TO THURS., AUG. 21. TIMES ARE SUBJECT TO CHANGE.

Helen Mirren stars in The Hundred-Foot Journey. CONTRIBUTED

Bloor Hot Docs Cinema
506 Bloor St. W.

The Dog (14A) Fri 6:30 Sat 1:30-6:30 Sun 4:15-9 Mon 8:45 Tue 6:30 Wed 8:45 Thu 6:30
Dog Day Afternoon (STC) Sat 8:45
An Honest Liar (PG) Fri-Sat 4 Sun 6:45 Mon 6:30 Tue 4-9 Wed 6:30 Thu 4-9
Shakespeare's Globe on Screen: Macbeth (STC) Sun 1
Woodstock (STC) Fri 9

Carlton, 20 Carlton St.

Chef (14A) Fri-Wed 1:40-6:50 Thu 1:40
Dawn of the Planet of the Apes (PG) Fri-Thu 1:20-4-6:45-9:25
The Expendables 3 (STC) Fri-Mon 1:15-3:55-6:35-9:15 Tue 1:15-3:55-6:35-9:15-10:55 Wed-Thu 1:15-3:55-6:35-9:15
Frank (14A) Fri-Mon 1:50-4:05-6:55-9:05 Tue 1:50-4:05-6:55-9:05-11:30 Wed-Thu 1:50-4:05-6:55-9:05
The Giver (PG) Fri-Thu 1:25-4:15-7-9:10
Into the Storm (PG) Fri-Thu 1:30-3:45-7:05-9:20
Let's Be Cops (14A) No Passes Fri-Mon 1:30-4:20-6:40-9:35 No Passes Tue 1:30-4:20-6:40-9:35-11:15 No Passes Wed-Thu 1:30-4:20-6:40-9:35
Lucy (14A) Fri-Mon 1:45-3:50-6:45-9 Tue 1:45-3:50-6:45-9-11:20 Wed-Thu 1:45-3:50-6:45-9
Raindance Indie Nite (STC) Thu 7
Teenage Mutant Ninja Turtles (PG) Fri-Mon 1:35-4:10-6:50-9:30 Tue 1:35-4:10-6:50-9:30-11:05 Wed-Thu 1:35-4:10-6:50-9:30
Toronto Film Society (STC) Mon 7
The Zero Theorem (14A) Fri-Sun 4:05-9:20 Mon 4:05 Tue-Thu 4:05-9:20

Scotiabank Theatre
259 Richmond St. W.

22 Jump Street (14A) Fri-Sat 2:40-5:20-8-10:40 Sun-Wed 2:20-5-7:40-10:20 Thu 1:10-3:45-7:40-9:50
Dawn of the Planet of the Apes (PG) Fri-Sat 1:30 Sun 1:20 Mon-Wed 1:30 Thu 1:20
Dawn of the Planet of the Apes 3D (PG) Fri-Sat 4:25-7:30-10:30 Sun 4:15-7:20-10:10 Mon-Wed 4:20-7:20-10:10 Thu 4:10-7:10-10
Edge of Tomorrow (PG) Fri-Sat 2:10-5-7:40-10:20 Sun 1:50-4:35-7:30-10:10 Mon-Wed 1:50-4:50-7:30-10:10 Thu 1:50-5-10:20
The Expendables 3 (STC) Fri-Sat 3:40-6:50-9:50 Sun 12:30-3:35-6:40-9:45 Mon-Thu 3:30-6:40-9:40 Fri-Sat 1:20-4:15-7:30-10:30 Sun 1:10-4:05-7:30-10:30 Mon-Wed 1:20-4:35-7:30-10:30 Thu 1:20-4:20-7:20
Frank Miller's Sin City: A Dame to Kill For 3D (18A) No Passes Thu 10:30
Guardians of the Galaxy (PG) Fri-Sat 1-3:55-6:40-9:30 Sun 1-3:45-6:30-9:25 Mon-Wed 3:45-6:30-9:15 Thu 3:45-6:30-9:20
Guardians of the Galaxy 3D (PG) Fri-Sat 1:40-3:05-4:30-6-7:15-8:50-10 Sun 12:30-1:30-3:15-4:25-6-7:15-8:50-10 Mon-Wed 1:30-3:15-4:20-6-7:05-8:45-9:50 Thu 1:30-3:15-4:20-6-8:45
Guardians of the Galaxy: An IMAX 3D Experience (PG) Fri-Sat 2:30-5:10-7:50-10:40 Sun-Wed 2:10-5:10-7:50-10:30 Thu 2:10-4:50-7:40-10:20
Hercules 3D (PG) Fri-Sat 12:55-3:15-5:35-8-10:20 Sun 12:40-3:05-5:30-8-10:20 Mon-Wed 3-5:30-8-10:20 Thu 2:45-5:20-7:50-10:10
Into the Storm (PG) Fri-Sat 1:10-2:20-3:30-4:45-6:20-7-8:35-9:15 Sun 1:10-2-3:25-4:45-6:20-7-8:35-9:15 Mon-Thu 1:40-2-4-4:40-6:15-6:50-8:30-9:05
The Purge: Anarchy (14A) Fri-Sat 2-4:40-7:10-9:40 Sun 1:40-4:35-7:05-9:35 Mon-Thu 1:40-4:30-7-9:30
X-Men: Days of Future Past (PG) Fri-Sat 1-4-7-10:10 Sun 12:50-3:55-6:50-9:45 Mon-Wed 1:20-4:10-7:05-10 Thu 1:10-4-6:50-9:50

Market Square
80 Front St. E.

The Expendables 3 (STC) Fri 12:35-3:35-6:55-9:30 Sat 12:35-3:35-6:55-9:30-11:10 Sun-Mon 12:35-3:35-6:55-9:30 Tue 12:35-3:35-6:55-9:30-11:10 Wed-Thu 12:35-3:35-6:55-9:30
Frank Miller's Sin City: A Dame to Kill For (18A) Thu 9:15
The Giver (PG) Fri 12:20-2:30-4:45-7:05-9:15 Sat 12:20-2:30-4:45-7:05-9:15-11:15 Sun-Mon 12:20-2:30-4:45-7:05-9:15 Tue 12:20-2:30-4:45-7:05-9:15-11:15 Wed 12:20-2:30-4:45-7:05-9:15 Thu 4:45-7:05-9:15
Guardians of the Galaxy (PG) Fri 12:30-3:30-6:50-9:35 Sat 12:30-3:30-6:50-9:35-11:20 Sun-Mon 3:30-9:35 Tue 12:30-3:30-6:50-9:35-11:20 Wed 3:30-9:35 Thu 12:30-3:30-6:50 Sun-Mon 12:30-6:50 Wed 12:30-6:50
Into the Storm (PG) Fri-Thu 12:40-2:45-4:55-7:10-9:25
Let's Be Cops (14A) No Passes Fri 12:25-2:35-4:50-7-9:20 No Passes Sat 12:25-2:35-4:50-7-9:20-11:35 No Passes Sun-Mon 12:25-2:35-4:50-7-9:20 No Passes Tue 12:25-2:35-4:50-7-9:20-11:35 No Passes Wed-Thu 12:25-2:35-4:50-7-9:20
Teenage Mutant Ninja Turtles (PG) Fri 12:45-2:55-5:05-7:15-9:40 Sat 12:45-2:55-5:05-7:15-9:40-11:40 Sun-Mon 12:45-2:55-5:05-7:15-9:40 Tue 12:45-2:55-5:05-7:15-9:40-11:40 Wed-Thu 12:45-2:55-5:05-7:15-9:40

Revue Cinema
400 Roncesvalles Ave.

Begin Again (14A) Fri 7 Sat 4-7 Sun-Mon 7 Tue 9:30 Thu 7
Maleficent 3D (PG) Sat-Sun 2
Scarface (STC) Wed 7
Snowpiercer (14A) Fri-Sat 9:15 Sun 4-9:15 Mon 9:15 Tue 7 Thu 9:15

The Royal
608 College St..

Angry Video Game Nerd: The Movie (STC) Sat 7-10
Hard Drive (STC) Fri 7 Sat 4 Sun-Thu 7
Mood Indigo (14A) Fri 9:30 Sun 4-9:15 Mon-Thu 9

Varsity
55 Bloor St. W.,

Boyhood (14A) Fri-Thu 1-4:30-8:10 Fri-Sun 12:30-4-7:40
Calvary (14A) Fri-Thu 2:15-4:40-7-9:30
Guardians of the Galaxy 3D (PG) Fri-Thu 1:30-4:25-7:20-10:10 Fri-Sun 12:50-3:40-6:40-9:40
The Hundred-Foot Journey (PG) Fri-Thu 1:10-4:10-7:10-10:10 Fri-Thu 12:40-3:30-6:20-9:10
Magic in the Moonlight (PG) Fri-Sun 1:20-3:50-7:15-9:45 Mon-Thu 3:50-7:15-9:45
A Most Wanted Man (14A) Fri-Thu 12:45-3:35-6:35-9:30
The Trip to Italy (STC) Fri-Thu 2:05-4:50-7:30-10:20 Fri-Thu 1:40-4:15-6:50-9:25
Yves Saint Laurent (STC) Fri-Thu 12:30-2:55-5:20-7:50-10:20

Canada Square
2200 Yonge St.

Begin Again (14A) Fri 4-6:30-9 Sat-Sun 1:30-4-6:30-9 Mon-Thu 2:30-5-7:30
Boyhood (14A) Fri 4:30-8 Sat-Sun 12:50-4:30-8 Mon-Thu 2:50-6:40
Chef (14A) Fri 3:40-6:20-9 Sat-Sun 1:10-3:40-6:20-9 Mon-Thu 2:30-5-7:30
Get On Up (14A) Fri 3:30-6:30-8:30 Sat-Sun 12:30-3:30-6:30-9:10 Mon-Thu 2-4:50-7
Land Ho! (14A) Fri 3:10-5:30-9:30 Sat-Sun 1-3:10-5:30-9:30 Mon-Thu 2:40-4:50-7:40
A Most Wanted Man (14A) Fri 3:20-6-8:45 Sat-Sun 12:40-3:20-6-8:45 Mon-Thu 2:20-5:10-7:40
Once a Princess (STC) Fri 3-5:40-8:15 Sat-Sun 12:30-3-5:40-8:15 Mon-Thu 2-4:30-6:55
Step Up: All In 3D (PG) Fri 4:10-6:45-9:20 Sat-Sun 1:40-4:10-6:45-9:20 Mon-Thu 2:10-4:40-7:15

Mt. Pleasant Theatre
675 Mt.Pleasant Rd.

The Grand Budapest Hotel (14A) Fri 9:15 Sat 9:20 Sun 7 Wed 7
The Lunchbox (PG) Fri-Sat 7 Sun 4:30 Tue 7 Thu 7
No Films Showing Today (STC) Mon

Regent Theatre
551 Mt.Pleasant Rd.

Fading Gigolo (14A) Fri 9:15 Sat 4:30-9:15 Sun 7 Wed 7
The Grand Seduction (PG) Fri-Sat 7 Sun 4:30 Tue 7 Thu 7
No Films Showing Today (STC) Mon

Yonge-Eglinton Centre
2300 Yonge St.

Andre Rieu: Live 10th Anniversary 2014 Maastricht Concert (STC) Sun 12:30
Dawn of the Planet of the Apes (PG) Fri-Tue 4 Wed 3:25 Thu 4
Dawn of the Planet of the Apes 3D (PG) Fri-Sun 7:10-10:15 Mon-Tue 7:10-10:05 Wed 10:05 Thu 7:10-10:05
The Expendables 3 (STC) Fri-Sun 1:10-4:15-7:20-10:20 Mon-Thu 1:10-4:15-7:20-10:15
Frank Miller's Sin City: A Dame to Kill For (18A) No Passes Tue 2:15
The Giver (PG) Fri-Sun 1-3:10-5:35-8-10:25 Mon-Tue 1-3:10-5:35-7:50-10:15 Wed 3:10-5:35-7:50-10:15 Thu 1-3:10-5:35-7:50-10:15
Star & Strollers Screening Wed 1
Guardians of the Galaxy (PG) Fri-Sun 1:30-4:30 Mon-Wed 1:30-4:25 Thu 1:30
Guardians of the Galaxy 3D (PG) Fri-Sun 7:30-10:30 Mon-Wed 7:15-10 Thu 4:25-7:15-10
How to Train Your Dragon 2 (PG) Fri-Tue 1:20 Wed 1 Thu 1:20
The Hundred-Foot Journey (PG) Fri-Thu 1:10-4:05-7-9:55
Into the Storm (PG) Fri-Thu 1:50-4:40-6:50-9:20
Let's Be Cops (14A) No Passes Fri-Sat 1:05-3:50-7:40-10:10 No Passes Sun 12:50-3:50-7:40-10:10 No Passes Mon-Thu 1:05-3:50-7:30-10:10
Lucy (14A) Fri-Sat 1:40-4:20-6:40-9:40 Sun 4:20-6:40-9:40 Mon-Tue 1:40-4:20-6:40-9:40 Wed 1:40-4:20-9:40 Thu 1:40-4:20-6:40-9:40
Teenage Mutant Ninja Turtles (PG) No Passes Fri-Sun 2-4:50-7:50 No Passes Mon-Thu 2-4:50-7:40
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Sun 10:30 No Passes Mon-Thu 10:10

Yonge & Dundas 24
10 Dundas St East

The Admiral: Roaring Currents (STC) Fri 12:55-4:05-7-10:10 Sat-Sun 12:40-4:05-7-10:10 Mon-Thu 12:55-4:05-7-10:10
Andre Rieu: Live 10th Anniversary 2014 Maastricht Concert (STC) Fri 3:25-9:30 Sat 3:35 Sun 12:30 Mon 12:55 Wed 1
Entertainment (PG) Fri-Thu 3:40-9:35
The Expendables 3 (STC) Fri 3:45-7-10:15 Sat-Sun 12:30-3:45-7-10:15 Mon-Wed 3:45-7-10:15 Thu 3:45-7-10
Frank Miller's Sin City: A Dame to Kill For 3D (18A) No Passes Thu 9
Get On Up (14A) Fri 2:55-6:10-9:25 Sat-Sun 12:20-3:55-7:05-10:25 Mon-Wed 2:55-6:10-9:25 Thu 1-10:05
Girls (PG) Fri 6:40 Sat-Sun 12:55-6:40 Mon-Thu 6:40
The Giver (PG) Fri 2:45-5:10-7:40-10:15 Sat-Sun 12:10-2:45-5:10-7:40-10:15 Mon-Wed 2:45-5:10-7:40-10:15 Thu 5:10-7:40-10:15
Star & Strollers Screening Thu 2
Guardians of the Galaxy (PG) Fri 3-6:30-9:30 Sat-Sun 12-3-6:30-9:30 Mon-Thu 3-6:30-9:30
Guardians of the Galaxy 3D (PG) Fri 5-8 Sat-Sun 2-5-8 Mon-Tue 5-8 Thu 2:30-5:30
How to Train Your Dragon 2 (PG) Fri 2:50-5:30 Sat-Sun 11:55-2:50-5:30 Mon-Thu 2:50-5:30
How to Train Your Dragon 2 3D (PG) Fri-Sun 7:55-10:35 Mon-Thu 7:55-10:25
The Hundred-Foot Journey (PG) Fri 1:30-3:25-4:25-6:20-7:20-9:20-10:20 Sat-Sun 12:25-1:30-3:25-4:25-6:20-7:20-9:20-10:20 Mon 1:30-3:25-6:20-7:20-9:20-10:20 Tue-Thu 1:30-3:25-4:25-6:20-7:20-9:20-10:20
If I Stay (PG) Thu 7:20-10:10
Into the Storm (PG) Fri 3:20-6 Sat-Sun 1-3:20-6 Mon-Thu 3:20-6
Let's Be Cops (14A) No Passes Fri-Tue 1:10-2-3:50-4:40-6:30-7:15-9:15-10 No Passes Wed 1:10-2-3:50-4:40-6:30-7:15-9:45-10:15 No Passes Thu 1:10-2-3:50-4:40-6:30-7:15-9:15-10 No Passes Fri 4:30-7:30-10:45 No Passes Sat-Sun 1:30-4:30-7:30-10:45 No Passes Mon-Wed 4:30-7:30-10:45 No Passes Thu 4:30-7:30-10:30
Lucy (14A) Fri-Wed 9 Thu 8:30
Lucy: The IMAX Experience (14A) Fri 3-6-8:15-10:30 Sat-Sun 12:15-3-6-8:15-10:45 Mon-Thu 3-6-8:15-10:30
Maleficent (PG) Fri 3:35-6:15-9:10 Sat-Sun 3:10-6:15-9:10 Mon-Tue 3:35-10:10 Wed 3:35-9:10 Thu 3:35
A Most Wanted Man (14A) Fri 3:25-6:45-9:45 Sat-Sun 12:50-3:45-6:45-9:45 Mon-Thu 3:25-6:45-9:45
Planes: Fire & Rescue (G) Fri 1:05 Sat-Sun 11:55 Mon-Thu 1:05
Raiders of the Lost Ark (PG) Fri 1-7 Sat 7:15-9:45 Sun 4:25 Mon 10 Tue 4-10:30 Wed 4:30-10 Thu 6:30-9:30
Sex Tape (14A) Fri 2:25-4:50-7:25-9:55 Sat-Sun 11:55-2:25-4:50-7:25-9:55 Mon-Thu 2:25-4:50-7:25-9:55
The Shawshank Redemption (18A) Mon 7
Singham Returns (STC) Fri 2:35-6:05-9:40 Sat-Sun 2:35-6:25-10:05 Mon-Thu 2:35-6:05-9:40
SlugTerra: Return of the Elementals (PG) Thu 12:55
Step Up: All In 3D (PG) Fri-Thu 1:15-4-6:55-9:40
The Talented Mr. Ripley (14A) Tue 7
Teenage Mutant Ninja Turtles (PG) No Passes Fri 3:30 No Passes Sat-Sun 12:30-3:30 No Passes Mon-Thu 3:30
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Thu 6:35-9:30 No Passes Fri 1:55-4:30-7:30-10 No Passes Sat-Sun 1:55-4:30-7:30-10:30 No Passes Mon-Thu 1:55-4:30-7:30-10
The Tempest (STC) Sat 12:30 Mon 4:15 Tue 1 Wed 7 Thu 3
WWE Summerslam - 2014 (STC) Sun 8

TIFF Bell Lightbox
350 King St. West

The Adventures of Goopy and Bagha (PG) Sun 4
Boyhood (14A) Fri 12-2-3:45-6-9:30 Sat 12:15-3:45-6:10-9:30 Sun 12:15-4-7-9-10 Mon 6-9 Tue 12-3-6:20-9:40 Wed 12-1:45-3:15-6:45-8-9:15 Thu 12-3:15-6-9:15
Bride of Frankenstein (PG) Thu 9
California Split (R) Thu 6:15
Evil Dead 2 (R) Sat 9:45
Frankenstein (PG) Fri 9:15
The Golden Fortress (PG) Fri 6:30
The Hustler (PG) Sun 1
Images (R) Tue 9:15
It Was You Charlie (14A) Fri-Sun 2:30-7 Mon 7 Tue-Thu 2:30-7
The Long Goodbye (R) Sun 6:45
Night Moves (14A) Fri 12:05-4:30-7:30-10 Sat 12:05-4:35-10 Sun 12:05-4:35-9:30 Mon 9:30 Tue 12:05-2-4:35-9:10 Wed 12:05-4:35-9:45 Thu 12:05-4:35-9:10
Only Lovers Left Alive (14A) Sat 7
The Philosopher's Stone (PG) Sat 4:15
Snowpiercer (14A) Fri 12:30-3:20-7:15-9:25-10:15 Sat 12-3:30-7:15-9:15-10:15 Sun 12:30-3:45-7:15-9:15 Mon 6:15-9:15 Tue 12:15-4-7:15-10 Wed 12:30-3:30-5:20-6:35-9:30-10:15 Thu 12:30-3:20-6:35-9:30
Thieves Like Us (PG) Tue 6:30
Who Framed Roger Rabbit (PG) Wed 8:30
Yojimbo (PG) Sat 1:30

Albion Cinemas
1530 Albion Rd.

1530 Albion Rd., 416-742-3456
Aa Gaye Munde U.K. De (PG) Fri 3:20-9:30 Sat-Sun 12:30-3:20-9:30 Mon-Thu 3:20-9:30
Entertainment (PG) Fri-Thu 3:30-6:30
Singham Returns (STC) Fri 6:20-9:20 Sat-Sun 12:30-6:20-9:20 Mon-Thu 6:20-9:20

Queensway
1025 The Queensway

Andre Rieu: Live 10th Anniversary 2014 Maastricht Concert (STC) Sun 12:30
Boyhood (14A) Fri 12:30-4:40-8:40 Sat 11:05-2:40-6:20-10 Sun 3:55-6:30-10 Mon 3-6:30-9:45 Tue-Thu 1:25-4:55-8:30
Dawn of the Planet of the Apes (PG) Fri 1:05-4:10 Sat 12:50-4:10 Sun 12:45-3:40 Mon-Tue 1:50-3:40 Wed 1:45-3:40 Thu 12:55-4
Dawn of the Planet of the Apes 3D (PG) Fri-Sat 7:10-10:15 Sun-Wed 6:40-9:40 Thu 7:05-10:05
The Expendables 3 (STC) Fri 4:30-7:45-11 Sat 11:30 Sun 12:15 Mon-Thu 4:15-7:30-10:45
Fri-Sat 1:30-4:30-7:30-10:35 Sun-Wed 1:20-4:20-7:20-10:25 Thu 12:35-3:35-6:30 Sat-Sun 1:30-4:30-7:45-11
Frank Miller's Sin City: A Dame to Kill For 3D (18A) No Passes Thu 9:15 No Passes Thu 9:30
The Giver (PG) Fri 1:10-3:30-6:05-8:30-11 Sat 11-1:10-3:30-6:05-8:30-11 Sun 12:50-3:30-5:50-8:10-10:30 Mon-Tue 1-3:30-5:50-8:10-10:30 Wed 3:30-5:50-8:10-10:30 Thu 12:40-3:05-5:40-8:10-10:30 Star & Strollers Screening Wed 1
Guardians of the Galaxy (PG) Fri 2:10-5 Sat 11:25-2:10-5 Sun-Wed 1-4 Thu 1:35-4:20 Fri 3-6:15-9:30 Sat-Sun 12-3-6:15-9:30 Mon-Wed 2:45-6-9:15 Thu 2:45-6
Guardians of the Galaxy 3D (PG) Fri-Sat 8-10:55 Sun 7-9:55 Mon 7:05-9:55 Tue-Wed 7-9:55 Thu 7:10-10 Fri 4-7:15-10:30 Sat-Sun

1-4-7:15-10:30 Mon-Thu 3:45-7-10:15
Hercules 3D (PG) Fri-Sat 2:20-4:50-7:20-9:45 Sun 11:50-2:05-4:30-6:50-9:20 Mon-Thu 2:05-4:30-6:50-9:20
How to Train Your Dragon 2 (PG) Fri 12:50-3:20 Sat 12:55-3:20 Sun 12:20-3 Mon-Tue 12:55 Wed 12:40 Thu 2:15
The Hundred-Foot Journey (PG) Fri 1-4-7-9:55 Sat 11-1-4-7-9:55 Sun-Wed 1:10-4:10-7:10-10:05 Thu 1:10-4:10-7:20-10:10 Fri 3-6:15-9:30 Sat-Sun 12-3-6:15-9:30 Mon-Wed 2:45-6-9:15 Thu 3:45-7-10:15
If I Stay (PG) Thu 7-9:40
Into the Storm (PG) Fri-Sat 12:40-3-5:20-7:40-10:05 Sun 12:40-3:10-5:30-7:50-10:10 Mon-Tue 3:15-5:30-7:50-10:10 Wed 12:55-3:15-5:30-7:50-10:10 Thu 12:35-3:15-5:30-7:50-10:20
Let's Be Cops (14A) No Passes Fri-Sat 12:15-2:50-5:30-8:10-10:50 No Passes Sun 12:10-2:40-5:20-8-10:35 No Passes Mon-Thu 2:40-5:20-8-10:35 No Passes Fri 3:30-6:45-10 No Passes Sat-Sun 12:30-3:30-6:45-10 No Passes Mon-Thu 3:15-6:30-9:45
Lucy (14A) Fri 1:20-3:40-6-8:20-10:40 Sat 11:05-1:20-3:40-6-8:20-10:40 Sun 12:25-2:50-5:10-7:30-9:50 Mon-Tue 2:50-5:10-7:30-9:50 Wed 2:55-5:10-7:30-9:50 Thu 2:50-5:10-7:30-9:50
Magic in the Moonlight (PG) Fri 1:45-4:05-6:30-9 Sat 11:20-1:45-4:05-6:30-9 Sun-Wed 2-4:35-6:55-9:25 Thu 1:20-3:50-6:40-9:10
A Most Wanted Man (14A) Fri-Sat 3:50-6:50-9:40 Sun 3:20 Mon 3:35-10 Tue-Wed 3:35-6:30-9:30 Thu 3:30
Planes: Fire & Rescue (G) Fri 1:15 Sat 1:40 Sun 11:50 Mon-Thu 1:15
Sex Tape (14A) Fri-Sat 5:50-8:15-10:45 Sun 5:40-7:55-10:20 Mon-Tue 4:50-7:55-10:20 Wed 4:45-7:55-10:20 Thu 4:45-7:55-10:25
The Shawshank Redemption (18A) Mon 7
Step Up: All In 3D (PG) Fri-Sat 1:15-3:55-6:40-9:25 Sun-Tue 1:05-3:45-6:20-9 Wed 12:50-3:45-6:20-9 Thu 1-3:45-6:20-9
Teenage Mutant Ninja Turtles (PG) No Passes Fri 12-2:30-5:10 No Passes Sat 11:10-12-2:30-5:10 No Passes Sun 12-2:30-5:05 No Passes Mon-Tue 12:50 No Passes Wed 12:30 No Passes Thu 12:50 No Passes Mon-Thu 2:30-5:05
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Sat 7:50-10:25 No Passes Sun-Thu 7:40-10:15
Turbo (G) Sat 11 Wed 12:30

Woodbine Centre
500 Rexdale Blvd

The Expendables 3 (STC) Fri-Thu 12:45-3:45-6:45-9:40
Frank Miller's Sin City: A Dame to Kill For (18A) Thu 9:15
The Giver (PG) Fri-Thu 1:15-4:10-7:15-9:30
Guardians of the Galaxy (PG) Fri-Thu 12:55-3:55-6:55-9:35
Into the Storm (PG) Fri-Thu 1:10-4:15-6:50-9:20
Let's Be Cops (14A) No Passes Fri-Thu 1:05-4:05-7:05-9:45
Lucy (14A) Fri-Wed 12:50-3:50-7:10-9:15 Thu 12:50-3:50-7:10
Teenage Mutant Ninja Turtles (PG) Fri-Thu 1-4-7-9:25

Kingsway Theatre
3030 Bloor St. West

About Alex (14A) Fri 10:15 Sun 10:15 Tue 10:15 Thu 10:15
And So It Goes (PG) Fri 5:15 Sun 5:15 Tue 5:15 Thu 5:15
Belle (PG) Fri-Thu 12:05
Chef (14A) Fri-Thu 1:45-8:30
The Double (14A) Sat 8:05 Mon 8:05 Wed 8:05
Finding Vivian Maier (PG) Fri-Thu 12:55
The German Doctor (PG) Sat 2:20 Mon 2:20 Wed 2:20
The Grand Budapest Hotel (14A) Sat 5:15 Mon 5:15 Wed 5:15 Sat 10:15 Mon 10:15 Wed 10:15
Ida (PG) Fri-Thu 11:25
Maleficent (PG) Fri-Thu 3:35
A Master Builder (STC) Fri-Thu 3:55
Mr. Peabody & Sherman (G) Fri 10:30 Sun 10:30 Tue 10:30 Thu 10:30
Night Train to Lisbon (14A) Fri 2:20 Sun 2:20 Tue 2:20 Thu 2:20
Obvious Child (14A) Fri 8:05 Sun 8:05 Tue 8:05 Thu 8:05
Palo Alto (14A) Sat 9:40 Mon 9:40 Wed 9:40
The Privileged (STC) Fri 9:40 Sun 9:40 Tue 9:40 Thu 9:40
Rio 2 (G) Sat 10:30 Mon 10:30 Wed 10:30
Walking the Camino: Six Ways to Santiago (G) Fri-Thu 7
Words and Pictures (STC) Fri-Thu 6:05

Humber Cinema
2:2442 Bloor St. West

The Expendables 3 (STC) Fri-Thu 1:20-4:10-7-9:50
Guardians of the Galaxy (PG) Fri-Thu 1:10-4-6:40-9:20
Into the Storm (PG) Fri-Thu 1:45-4:20-7:10-9:40
Teenage Mutant Ninja Turtles (PG) Fri-Thu 1-3:30-6:50-9:30

Beach Cinemas
1651 Queen St. E

The Expendables 3 (STC) Fri-Sat 1-4-7:30-10:30 Sun-Mon 1-4-7:10-10:10 Tue 1-4-7:30-10:30 Wed-Thu 1-4-7:10-10:10
The Giver (PG) Fri-Thu 12:55-3:45-6:30-9:15
Guardians of the Galaxy (PG) Fri-Thu 1:30-4:15-7
Guardians of the Galaxy 3D (PG) Fri-Thu 9:45
The Hundred-Foot Journey (PG) Fri-Thu 12:50-3:40-6:45-9:30
Let's Be Cops (14A) No Passes Fri-Sat 1:15-4:30-7:15-10 No Passes Sun-Mon 1:15-4:30-7:20-10 No Passes Tue 1:15-4:30-7:15-10 No Passes Wed-Thu 1:15-4:30-7:20-10
Teenage Mutant Ninja Turtles (PG) No Passes Fri-Thu 1:45
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Thu 4:45-7:45-10:15

Fox Theatre
2236 Queen St. E

The Grand Seduction (PG) Fri 7 Sat-Sun 4:30-7 Mon 9:30 Tue 9:20 Wed 7
Reparando (STC) Thu 7
Snowpiercer (14A) Tue 7 Wed-Thu 9:15
X-Men: Days of Future Past 3D (PG) Fri 9:15 Sat-Sun 2-9:15 Mon 7

Empress Walk
5095 Yonge St

The Admiral: Roaring Currents (STC) Fri 1:25-4:25-7:25-10:20 Sat 12:50-4:25-7:25-10:20 Sun-Thu 1:25-4:25-7:25-10:20
Andre Rieu: Live 10th Anniversary 2014 Maastricht Concert (STC) Sun 12:30
Boyhood (14A) Fri-Thu 6:30-10:10
The Expendables 3 (STC) Fri-Sun 1-4-7-10 Mon 1:10-4-7-10 Tue 1-4-7-10 Wed-Thu 1:10-4-7-10
The Giver (PG) Fri-Thu 2:25-4:45-7:10-9:20
Guardians of the Galaxy: An IMAX 3D Experience (PG) Fri-Thu 1:50-4:55-7:40-10:30
The Hundred-Foot Journey (PG) Fri-Sun 1-3:50-6:40-9:30 Mon 1:15-4:05-6:55-9:45 Tue 1-3:50-6:40-9:30 Wed-Thu 1:15-4:05-6:55-9:45
Into the Storm (PG) Fri-Thu 2:30-5:05-7:20-9:40
Let's Be Cops (14A) No Passes Fri-Thu 2:20-5:7:30-10:05
Magic in the Moonlight (PG) Fri 1:30-3:55 Sat-Sun 3:55 Mon 1:30-3:55 Tue 3:55 Wed-Thu 1:30-3:55
A Most Wanted Man (14A) Fri 1:20-4:05-6:50-9:35 Sat-Sun 4:05-6:50-9:35 Mon-Thu 1:20-4:05-6:50-9:35
Teenage Mutant Ninja Turtles (PG) No Passes Fri-Mon 3 No Passes Tue 1:15 No Passes Wed-Thu 3
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Thu 5:25-7:55-10:25
The Tempest (STC) Sat 12:30

SilverCity Yorkdale 6
3401 Dufferin St.

Dawn of the Planet of the Apes (PG) Fri 3:20 Sat 3:30 Sun-Thu 3:20
Dawn of the Planet of the Apes 3D (PG) Fri-Thu 6:40-9:55
The Expendables 3 (STC) Fri-Wed 1:15-4:15-7:20-10:25 Thu 10:25 Thu 1-4-7
Frank Miller's Sin City: A Dame to Kill For 3D (18A) No Passes Thu 10
Guardians of the Galaxy (PG) Fri 1-4-6:55-9:50 Sat 12:40-3:40-6:55-9:50 Sun-Tue 1-4-6:55-9:50 Wed 4-6:55-9:50 Thu 1-4-6:55
Guardians of the Galaxy 3D (PG) Fri-Thu 1:40-4:40-7:35-10:30
Hercules 3D (PG) Fri 1:45-4:20-7 Sat 11:10-1:45-4:20-7 Sun-Wed 1:45-4:20-7 Thu 4:20-7
Into the Storm (PG) Fri 2:30-5-7:50-10:20 Sat 12:35-3:05-5:25-7:50-10:20 Sun-Thu 1:50-4:20-7:20-10
Let's Be Cops (14A) No Passes Fri 2:15-4:55-7:35-10:15 No Passes Sat 11:40-2:15-4:55-7:35-10:15 No Passes Sun-Thu 2:15-4:55-7:35-10:15
Lucy (14A) Fri 2:05-4:30-7:15-9:40 Sat 12-2:30-5-7:15-10 Sun-Thu 1:50-4:35-7:15-10:05
Planes: Fire & Rescue (G) Fri 1 Sat 11-1:10 Sun-Thu 1
The Purge: Anarchy (14A) Fri-Thu 9:35
SlugTerra: Return of the Elementals (PG) Thu 12:55
Step Up: All In 3D (PG) Fri-Sat 1:25-4:10-7:05-10 Sun-Thu 1:20-4:05-7:10-10
Teenage Mutant Ninja Turtles (PG) No Passes Fri 1:05-3:45 No Passes Sat 12:15-2:50-5:20 No Passes Sun 1:05-3:45 No Passes Mon 1:10-3:45 No Passes Tue-Thu 1:05-3:45
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Sat 7:55-10:30 No Passes Sun-Thu 6:45-9:40
Turbo (G) Sat 11 Wed 12:30

Silvercity Fairview
1800 Sheppard Ace.

Dawn of the Planet of the Apes (PG) Fri-Thu 4:05
Dawn of the Planet of the Apes 3D (PG) Fri-Thu 7:05-10:05
The Expendables 3 (STC) Fri-Thu 1:30-4:20-7:20-10:15
The Giver (PG) Fri 2:40-5:10-7:30-9:50 Sat 11:20-2:40-5:10-7:30-9:50 Sun-Thu 2:40-5:10-7:30-9:50
Guardians of the Galaxy (PG) Fri 1:40-4:30 Sat 11:50-1:40-4:30 Sun-Tue 1:40-4:30 Wed 4:30 Thu 1:40-4:30 Star & Strollers Screening Wed 1:10
Guardians of the Galaxy 3D (PG) Fri-Thu 7:25-10:20
Into the Storm (PG) Fri 2:50-5:20-7:40-10 Sat 12:10-2:50-5:20-7:40-10 Sun-Thu 2:50-5:20-7:40-10
Let's Be Cops (14A) No Passes Fri 2:30-5-7:45-10:25 No Passes Sat 12-2:30-5-7:45-10:25 No Passes Sun-Thu 2:30-5-7:45-10:25
Lucy (14A) Fri 3-5:30-7:50-10:10 Sat 12:20-3-5:30-7:50-10:10 Sun-Tue 3-5:30-7:50-10:10 Wed 3:10-5:30-7:50-10:10 Thu 3-5:30-7:50-10:10
Planes: Fire & Rescue (G) Fri 1:50 Sat 11:40-1:50 Sun-Thu 1:50
SlugTerra: Return of the Elementals (PG) Thu 12:55
Step Up: All In (PG) Fri 2-4:35-7:15-9:55 Sat 11:10-2-4:35-7:15-9:55 Sun-Thu 2-4:35-7:15-9:55
Teenage Mutant Ninja Turtles (PG) No Passes Fri 2:10 No Passes Sat 11:30-2:10 No Passes Sun-Thu 2:10
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Thu 4:40-7:10-9:45
Turbo (G) Sat 11 Wed 12:55

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CASH PURCHASE OFFER $24,024 + HST
(NVXK65-AA00)

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CASH PURCHASE OFFER $26,324 + HST
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Coliseum Scarborough
300 Borough Dr.

Dawn of the Planet of the Apes (PG) Fri-Sat 3:50 Sun 3:50-7 Mon-Thu 3:50
Dawn of the Planet of the Apes 3D (PG) Fri-Sat 7-10:10 Mon-Thu 7-10:10
The Expendables 3 (STC) Fri-Sun 1:35-4:35-7:35-10:35 Mon 1:30-4:30-7:30-10:30 Tue 1:35-4:35-7:35-10:35 Wed 1:30-4:30-7:30-10:30 Thu 7:30-10:30 Thu 1:30-4:30
Frank Miller's Sin City: A Dame to Kill For 3D (18A) No Passes Thu 9
The Giver (PG) Fri-Sun 1-3:25-5:50-8:15-10:40 Mon 3:25-5:50-8:15-10:40 Tue 1-3:25-5:50-8:15-10:40 Wed-Thu 3:25-5:50-8:15-10:40
Guardians of the Galaxy (PG) Fri-Thu 1:45
Guardians of the Galaxy 3D (PG) Fri 4:45-7:45-10:45 Sat 11:20-4:45-7:45-10:45 Sun-Thu 4:45-7:45-10:45
Hercules 3D (PG) Fri-Sat 4:40-7:15-9:50 Sun 4:40-9:50 Mon-Wed 4:40-7:15-9:50 Thu 4:40
How to Train Your Dragon 2 (PG) Fri-Thu 1:10
The Hundred-Foot Journey (PG) Fri-Thu 1:15-4:10-7:05-10
Into the Storm (PG) Fri 12:40-3:05-5:35-7:55-10:15 Sat 3:05-5:35-7:55-10:15 Sun 12:40-3:05-5:35-7:15-10:15 Mon 3:05-5:30-7:55-10:15 Tue 12:40-3:05-5:35-7:55-10:15 Wed-Thu 3:05-5:30-7:55-10:15
Let's Be Cops (14A) No Passes Fri-Thu 2:20-5-7:40-10:20
Lucy (14A) Fri-Sun 12:50-3:15-5:40-8:05-10:25 Mon 3:20-5:45-8:10-10:35 Tue 12:50-3:15-5:40-8:05-10:25 Wed-Thu 3:20-5:45-8:10-10:35
Once a Princess (STC) Fri-Sun 12:55-3:55-6:55-9:55 Mon 1:20-4:05-6:50-9:35 Tue 12:55-3:55-6:55-9:55 Wed-Thu 1:20-4:05-6:50-9:35
Planes: Fire & Rescue (G) Fri 2:25 Sat 12:10-2:25 Sun-Thu 2:25
Step Up: All In 3D (PG) Fri 1:40-4:30-7:20-10:05 Sat 4:30-7:20-10:05 Sun 1:40-4:30-7:20-10:05 Mon 1:50-4:35-7:20-10:05 Tue 1:40-4:30-7:20-10:05 Wed-Thu 1:50-4:35-7:20-10:05
Teenage Mutant Ninja Turtles (PG) No Passes Fri 12:30-3 No Passes Sat 12:15-2:50 No Passes Sun 12:30-3 No Passes Mon 2:40 No Passes Tue 12:30-3 No Passes Wed-Thu 2:40
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri 5:30-8-10:30 No Passes Sat 5:25-8-10:30 No Passes Sun 5:30-8-10:30 No Passes Mon 5:15-7:50-10:25 No Passes Tue 5:30-8-10:30 No Passes Wed-Thu 5:15-7:50-10:25
The Tempest (STC) Sat 12:30
Turbo (G) Sat 11
WWE Summerslam - 2014 (STC) Sun 8

Eglinton Town Centre
1901 Eglinton Ave. E.

Boyhood (14A) Fri 3:15-6:55-10:35 Sat 3:15-7-10:40 Sun 12:50-4:45-8:30 Mon 1:15-5-8:40 Tue 3:15-6:55-10:35 Wed 1:15-4:40-8:30 Thu 1:15-5-8:40
Dawn of the Planet of the Apes (PG) Fri-Sat 1:40 Sun 12:35 Tue 1:40 Wed 12:40
Dawn of the Planet of the Apes 3D (PG) Fri-Sat 4:45-7:45-10:50 Sun-Mon 3:40-6:40-9:45 Tue 4:45-7:45-10:50 Wed-Thu 3:40-6:40-9:45
Entertainment (PG) Fri 1:05-4:05-7:05 Sat 12:50-3:50-6:50 Sun-Thu 1:05-4:05-7:05
The Expendables 3 (STC) Fri-Wed 1:30-4:30-7:30-10:30 Thu 10 Thu 3:30-6:30
Frank Miller's Sin City: A Dame to Kill For 3D (18A) No Passes Thu 9:30
The Giver (PG) Fri-Sat 1-3:25-5:50-8:15-10:40 Sun 12:40-3-5:20-6:50-9:35 Mon 2-4:30-7:35-10 Tue 1-3:25-5:50-8:15-10:40 Wed 12:45-3:05-5:25-7:55-10:20 Thu 3:05-5:25-7:55-10:20
Guardians of the Galaxy (PG) Fri-Sat 1:25-4:20-7:10-10:10 Sun-Mon 12:55-3:45-6:45-9:40 Tue 1:25-4:20-7:10-10:10 Wed-Thu 12:55-3:45-6:45-9:40
Guardians of the Galaxy 3D (PG) Fri 2:05-5-7:50-10:45 Sat 11:15-2:05-5-7:50-10:45 Sun-Mon 1:35-4:25-7:20-10:10 Tue 2:05-5-7:50-10:45 Wed-Thu 1:35-4:25-7:20-10:10
Hercules (PG) Fri-Sat 4:15-6:45-9:25 Sun 4:10 Mon 4:10-6:50-9:35 Tue 4:15-6:45-9:25 Wed 4:10-6:45-9:35 Thu 4:10-6:40
How to Train Your Dragon 2 (PG) Fri 1:35 Sat 11-1:35 Sun-Mon 1:40 Tue 1:35 Wed-Thu 1:40
The Hundred-Foot Journey (PG) Fri-Sat 1:10-4:05-7:05-9:55 Sun-Mon 1:10-4:05-7-9:50 Tue 1:10-4:05-7:05-9:55 Wed 1:10-4:05-7-9:50 Thu 1:10-4:05 Star & Strollers Screening Thu 2
If I Stay (PG) Thu 7:10-9:50
Into the Storm (PG) Fri 3:10-5:35-8-10:25 Sat 12:45-3:10-5:35-8-10:25 Sun 12:50-3:15-5:35-8-10:25 Mon 1-3:15-5:35-8-10:25 Tue 12:45-3:10-5:35-8-10:25 Wed-Thu 1-3:15-5:35-8-10:25
Kick (PG) Fri 3:25-6:40-10 Sat 11:55-3:20-6:40-10 Sun-Mon 2:30-6-9:30 Tue 12:15-3:35-7-10:20 Wed 2:30-6-9:30 Thu 3:30-7-10:25
Let's Be Cops (14A) No Passes Fri 3-5:35-8:10-10:50 No Passes Sat 12:25-3-5:35-8:10-10:50 No Passes Sun-Mon 2:40-5:15-7:50-10:30 No Passes Tue 12:15-3-5:35-8:10-10:50 No Passes Wed-Thu 2:40-5:15-7:50-10:30
Lucy (14A) Fri 2:55-5:20-7:40-10:05 Sat 12:35-2:55-5:20-7:40-10:05 Sun 12:35-2:55-5:20-7:40-10 Mon 2:55-5:20-7:40-10 Tue 12:20-2:55-5:20-7:40-10:05 Wed 12:35-2:55-5:20-7:40-10 Thu 2:55-5:20-7:40-10
A Most Wanted Man (14A) Fri-Thu 1:45-4:35-7:25-10:15
The Purge: Anarchy (14A) Fri 10:05 Sat 9:50 Sun-Thu 10:05
The Shawshank Redemption (18A) Mon 7
Step Up: All In 3D (PG) Fri 2:10-4:50-7:35-10:20 Sat 11:30-2:10-4:50-7:35-10:20 Sun 2:10-4:50-7:35-10:20 Mon 2:10-4:50-9:55 Tue 2:10-4:50-7:35-10:20 Wed 4:50-7:30-10:15 Thu 1:50-4:30-7:15-9:55
Teenage Mutant Ninja Turtles (PG) No Passes Fri 12:55-3 No Passes Sat 11:10-12:30-3 No Passes Sun 12:30-3 No Passes Mon 1-2:35 No Passes Tue 12:25-2:55 No Passes Wed 12:30-3 No Passes Thu 1
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Sun 5:30-8:05-10:35 No Passes Mon 5:10-7:45-10:20 No Passes Tue 5:30-8:05-10:40 No Passes Wed 5:30-8:05-10:35 No Passes Thu 5:10-7:45-10:20
Turbo (G) Sat 11 Wed 12:30
WWE Summerslam - 2014 (STC) Sun 8

401 & Morningside
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Dawn of the Planet of the Apes (PG) Fri-Thu 1:10
Dawn of the Planet of the Apes 3D (PG) Fri-Sun 4:05-7-10:15 Mon 4:05-7-9:55 Tue 4:05-7-10:15 Wed-Thu 4:05-7-9:55
The Expendables 3 (STC) Fri 1:10-4:10-7:15-10:25 Sat 11:45-1:10-4:10-7:15-10:25 Sun 1:10-4:10-7:15-10:25 Mon 1:10-4:10-7:15-10:15 Tue 1:10-4:10-7:15-10:25 Wed-Thu 1:10-4:10-7:15-10:15
Get On Up (14A) Fri 12:45-4 Sat 12:25-3:30 Sun 12:45-4 Mon 12:25-3:30 Tue 12:45-4 Wed-Thu 12:25-3:30
The Giver (PG) Fri 2:30-5-7:30-10 Sat 12-2:30-5-7:30-10 Sun-Thu 2:30-5-7:30-10
Guardians of the Galaxy (PG) Fri-Sun 1-3:50-6:50 Mon 1-3:50-6:45 Tue 1-3:50-6:50 Wed-Thu 1-3:50-6:45
Guardians of the Galaxy 3D (PG) Fri-Sun 10:10 Mon 9:35 Tue 10:10 Wed-Thu 9:35
Hercules 3D (PG) Fri-Thu 2:40-5:05-7:20-10
Into the Storm (PG) Fri 12:45-3:15-5:35-8-10:20 Sat 3:15-5:35-8-10:20 Sun 12:45-3:15-5:35-8-10:20 Mon 12:45-3:15-5:35-8-10:10 Tue 12:45-3:15-5:35-8-10:20 Wed-Thu 3:15-5:35-8-10:10
Let's Be Cops (14A) No Passes Fri 2:15-4:55-7:50-10:15 No Passes Sat 11:30-2:15-4:55-7:50-10:15 No Passes Sun 2:15-4:55-7:50-10:15 No Passes Mon 2:15-4:55-7:45-10:10 No Passes Tue 2:15-4:55-7:50-10:15 No Passes Wed-Thu 2:15-4:55-7:45-10:10
Lucy (14A) Fri-Sun 1:20-3:40-5:50-8:10-10:25 Mon 1:20-3:40-5:45-7:50-10 Tue 1:20-3:40-5:50-8:10-10:25 Wed-Thu 1:20-3:40-5:45-7:50-10
Planes: Fire & Rescue (G) Fri 12:50 Sat 11:15-1:30 Sun-Thu 12:50
The Purge: Anarchy (14A) Fri-Sun 7:55-10:20 Mon 7:45-10:15 Tue 7:55-10:20 Wed-Thu 7:45-10:15
SlugTerra: Return of the Elementals (PG) Thu 1
Step Up: All In (PG) Fri-Sun 4:20-7:10-9:50 Mon 4:20-7:10-9:40 Tue 4:20-7:10-9:50 Wed-Thu 4:20-7:10-9:40
Teenage Mutant Ninja Turtles (PG) No Passes Fri 12:30-2:50 No Passes Sat 12:20-2:50 No Passes Sun-Thu 12:30-2:50
Teenage Mutant Ninja Turtles 3D (PG) No Passes Fri-Thu 5:15-7:40-10:05
Turbo (G) Sat 11 Wed 12:30 5

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Did you know Resident Evil: Afterlife is the top-grossing Canadian film of all time? Learn more about Canuck movies at metronews.ca/abcsofcanadianfilm

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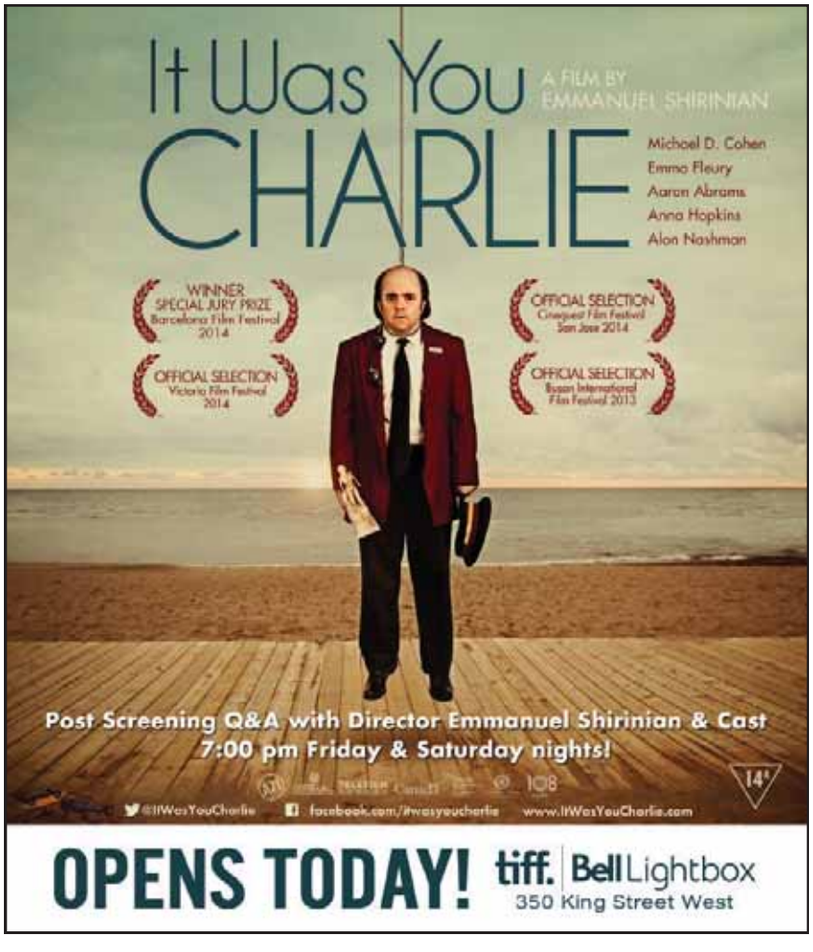
Anjaan (STC) Fri-Sun 1-4-4:45-7:15-8:15-10:30-11:45 Mon-Thu 1:30-4-6-7:15-9:30-10:30
Entertainment (PG) Fri-Thu 12:45-6:30
Singam II (14A) Fri-Thu 3:30-9:30
Velaiyilla Pattathari (PG) Fri-Thu 1



Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

Paltrow 'totally at ease' with Glee co-creator

So Gwyneth Paltrow was serious about all that conscious uncoupling stuff after all. She's reportedly dating Glee co-creator Brad Falchuk, according to Star magazine. The two spent some quality time together at a resort in Utah in late July. Because nothing says romance like Utah. In late July. "I saw Gwyneth and Brad one afternoon sitting in the dining room," a fellow vacationer tells the tabloid. "She had her hair down and wasn't wearing any makeup. They were chatting and smiling and looked totally at ease." I'm sure there's a new Goop post coming about how an $8,000-a-night private villa at a resort in Utah is a great place for a little "me time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Tornado Miley hits NY hotel, tells manager to thank her

NED EHRBAR
Metro in Hollywood

Miley Cyrus and company are the last thing you want staying at your hotel, the folks at NYC's fancy-schmancy Greenwich Hotel learned recently when her entourage checked in.

"It was like a tornado hit the lobby. Miley and her posse took over, screaming and carrying on so much that management received a number of complaints," a source tells Life & Style. "Someone in the group was smoking pot, and they were swearing loudly and throwing themselves all over the expensive furniture."

I hear another guest, possibly a Vanderbilt, was treated for a sprained wrist after too much pearl-clutching.

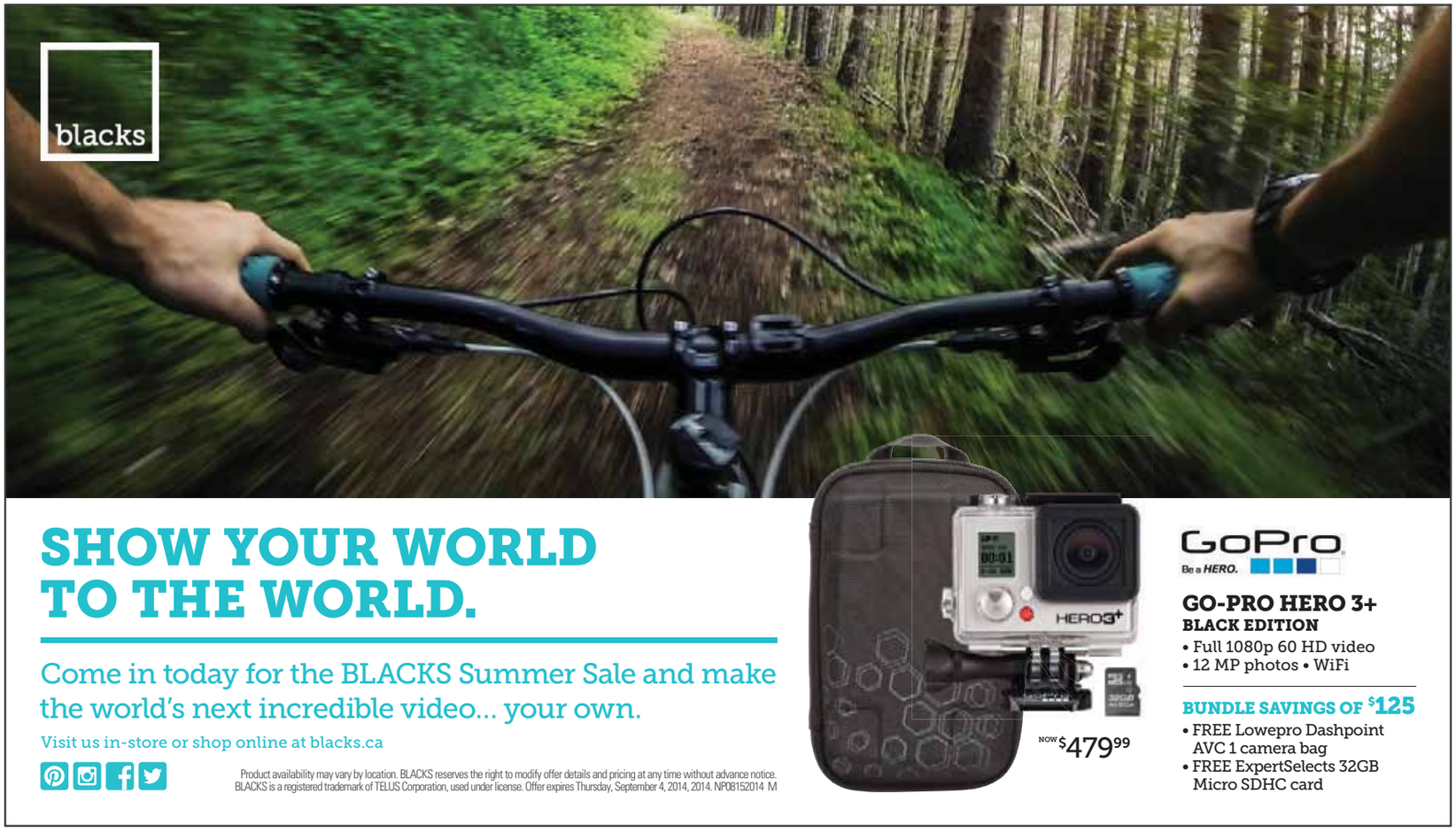
Hotel management tried to give Miley a talking to, but she was having none of it, responding that "she's spent so much money there that they should be glad to have her," the source says.

Well, she just sounds like a peach.

Angelina Jolie

Author appeals lawsuit over Jolie's Blood and Honey

The Croatian author who claims Angelina Jolie ripped him off for her film In the Land of Blood and Honey may have lost his last court battle against her, but he isn't giving up that easily. James Braddock sued Jolie in 2011, accusing her of using his book, The Soul Shattering, as the basis for her film, but a judge ruled in her favour. Now Braddock is filing an appeal in federal court, according to Radar Online. "The court's decision noted a number of material errors, starting with clear descriptions that are interpreted or translated incorrectly," his appeal reads. "The tests that were performed were not executed in the right way."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Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Satisfy your sweet tooth with Pie Squares

This recipe makes 36 squares. COURTESY RICARDOCUISINE.COM

Pack a picnic.

Metro's week of helping you to dine outdoors wouldn't be complete without a sweet ending

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

Dining outdoors is hands down one of the best things about summer. The cherry on top? A decadent dessert, of course. These Pecan Pie Squares are sure to satisfy a sweet tooth — including mine!

1. With the rack in the middle position, preheat the oven to 350 F (180 C). Line an 8-inch (20 cm) square pan with parchment paper, letting it hang over two sides. Butter the other two sides. Set aside.

2. In a bowl, combine the flour and 60 ml (1/4 cup) of the sugar. Add 6 tbsp (90 ml) of the butter and combine with an electric mixer until the texture is grainy. Press onto the bottom of the prepared pan. Bake for about 20 minutes or until the edges are lightly browned.

3. Meanwhile, in saucepan, bring syrup, cream and pecans to a boil with the remaining butter and sugar and stir. Simmer for 2 minutes. Pour over the warm crust in the pan and bake for 20 minutes. Let cool.

4. Run thin blade around edge of pie and let cool completely. Remove from pan and cut into 36 squares. Store in an airtight container at room temperature for up to 2 weeks. **FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S UP-COMING ENGLISH EDITION LAUNCHING THIS SEPTEMBER!**

Ingredients

- 1 cup (250 ml) unbleached all-purpose flour
- 1/2 cup (125 ml) sugar
- 3/4 cup (180 ml) semi-salted butter, softened
- 1/2 cup (125 ml) maple syrup
- 2 tbsp (30 ml) 35% whipping cream
- 1 1/4 cups (310 ml) pecans, toasted and chopped

Liquid Assets

Match made in Chianti

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

My brief mention of Chianti last week inspired a flood of questions asking for more details.

Chianti is an area in Tuscany between the cities of Sienna and Florence. Famous for rolling hills and statuesque cypress trees, it was one of the first Italian regions to export to Canada. That made its juice a household name. The fact its original bottles (called a fiasco) came wrapped in a straw basket made them the toast of the 1970s when all the groovy people, and their grandmothers, started drinking the stuff.

It pumps out more red than white, and is home to the sangiovese grape. While the Classico sub-zone is where the oldest (and arguably best) vines grow, it's one of eight areas that can slap Chianti on its labels.

The Rúfina sub-zone is an undiscovered gem and Frescobaldi's 2009 Nipozzano Chianti Riserva ($19.99 - $26.98) serves up the savoury finesse and lingering layers of cherry fruit that typify Rúfina wines. Cellar-worthy, it hits a home run with lasagna and pizza.

PRICES REFLECT THE RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

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NOTABLE NOW
Julian Brass, Founder of notable.ca, Canada's online source for young professionals

Summer Sundays @ Malaparte

Date: Aug. 17
Location:
TIFF Bell Lightbox

A rooftop terrace. A Champagne bar. A live DJ. O&B chefs. A Notable cocktail. This is how you brunch — so much so that when Malaparte hosted two of these special Sunday morning meals, they both sold out. If you want to enjoy brunch fare exclusively crafted by O&B's expert chefs atop an urban oasis, we suggest you get your ticket as soon as you finish reading this sentence.

5K Foam Fest

Date: Aug. 16
Location: Dagmar Resort, 1220 Lakeridge Rd., Uxbridge

Sure, you run 5K every once in a while, but it's probably on a treadmill while at least one person is taking a selfie in the mirror beside you. This foam fest, however, gives you the chance to run with friends or colleagues (teams of 5 or more) through a course filled with foam, mud and obstacles. Of course, we assume you'll end up spending more time in the beer garden than it takes you to actually get through the course. But hey, you've earned it.

Mad Decent Block Party

Date: Aug. 15
Location: 250 Fort York Blvd.

If "hipster dipster" fits your profile, you're in luck, because Diplo's rolling his particular brand of three-ring dance antics into Fort York for the annual Mad Decent Block Party. We're giving a proper shout-out to our main man, Chance the Rapper. He's the guiltiest pleasure we'll admit to, and he's here headlining a list that includes the label's field general himself, Diplo, as well as Flosstradamus and hometown DJ heroes Zeds Dead.

Sail-in Cinema

Date: Aug. 14-16
Location: 25 Dockside Dr.

Returning for its third year, Sail-in Cinema will transform Sugar Beach into Toronto's largest outdoor theatre. It will feature a two-sided floating movie screen on a huge barge, allowing audiences to watch from dry land or a boat in the harbour. If you have a friend with a boat that owes you a favour, now is the time to collect.

Fusion Notable Icon Series

Date: Aug. 26
Location: It's a secret (shhhh)

Our second Toronto Icon Series event was held last Tuesday in an exclusive area at TIFF Bell Lightbox while TIFF's director of film programmes, Jesse Wente, delivered an inspiring speech on the history of film and the role we'll all play in its future. This was, of course, topped off with premium drinks, food and a private screening of the digitally re-mastered Godfather II. If you want to be a part of our next, and last, Fusion Notable Icon Series in Toronto, sign up here: torontoiconseries@notable.ca

Corona SunSets

Date: Aug. 16
Location: Hanlan's Island

As the website says, "Corona SunSets brings renowned electronic music innovators to the most amazing beach backdrops." Want proof? How about Moby, Wolf & Lamb, and Thievery Corporation hitting up Hanlan's Island this Sunday. It's not just the beats that will keep you moving, though; there will obviously be enough Corona on hand to drown all of Toronto. Enjoy.

You could WIN an advance screening pass for 2 to see THE NOVEMBER MAN plus 1 of 5 copies of the Book!

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No purchase necessary. Contest entry open Aug 11, 2014 until Aug 17, 2014 to legal res. of Canada (excl. QC) of age of majority in their prov. of residence as of entry. Prizes avail.: 10 double passes for a screening of "Sin City: A Dame to Kill For" awarded in each of Toronto, Vancouver, Calgary, Edmonton, Ottawa, Winnipeg and Halifax. ARV $25/ pass. Odds dep. on number of eligible entries rec'd. Internet, email address, math skill-test req'd. Rules and entry: www.clubmetro.com

SUBJECT TO CLASSIFICATION. No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

The Phil Kessel you saw last season is likely going to be the Phil Kessel you see this season, like it or not. The Maple Leafs' sniper said Thursday he hasn't made any off-season training or equipment changes and has no plans to alter his off-ice persona, either. GETTY IMAGES

Expect to see the same Phil Kessel

Notoriously aloof. The Leafs sniper said Thursday he has no plans to alter his off-ice persona

The Phil Kessel you saw last season is likely going to be the Phil Kessel you see this season, like it or not.

And some will like it, some will not.

The Maple Leafs' sniper said Thursday he hasn't made any off-season training or equipment changes and has no plans to alter his off-ice persona either.

This is good news for the Leafs and their fans, who saw Kessel score 37 goals (fifth in the league) and add 43 assists to rank sixth in the NHL in scoring last season with 80 points.

But it's not good news for the media, who are starved for more insight and comment from the team's biggest star.

The notoriously aloof Kessel said he is not interested in opening up more to the media after games and practices, although he made improvements in that area toward the end of last season.

Quoted

"I'll probably be the usual blend-in-the-background type of guy ... not much change."

Phil Kessel

Privately, the Leafs have been trying to get Kessel to be more compliant and patient with the media, even when the questions are uncomfortable.

But the high-scoring forward has mostly remained evasive and reluctant to speak out on the team's performance, preferring to leave the talking to players such as Dion Phaneuf, James Reimer, Cody Franson, Nazem Kadri, David Clarkson and Joffrey Lupul.

Kessel clearly doesn't want to be the public face of the Leafs.

Lupul remains the most authoritative and insightful observer on the Leafs and how they play. But the fans would like to hear more from Kessel, since he is the team's top talent and highest-paid player after an eight-year, $64 million US contract before last season.

TORSTAR NEWS SERVICE

Posthumous honour

Teeder Kennedy to be first on Maple Leafs' Legends Row statue

Growing up in Toronto as a fan of the Maple Leafs, Brendan Shanahan just assumed Ted Kennedy's birth name was Teeder.

He eventually learned more about Kennedy, one of the first Leaf legends to have his number retired. The former captain and five-time Stanley Cup winner — who was known by his childhood nickname — will get a posthumous honour next month when he'll be one of the first three players to have statues unveiled in the Leafs' new Legends Row outside Air Canada Centre.

"What makes this unique for me and what I like the most is that in a team sport, we will have teammates immortalized," Shanahan, now the team's president, said Thursday, steps away from the construction site.

"A great opportunity from whatever decade you grew up being a fan of the Maple Leafs, you will be able to see your favourites but then you'll also learn about some people that you probably didn't get a chance to see play."

THE CANADIAN PRESS

Ted (Teeder) Kennedy
HANDOUT

Raonic narrowly defeats qualifier

Milos Raonic says he came to the court with a poor attitude, and it almost cost him. Fortunately for the fifth-seeded Canadian, his booming serve rescued him from a big upset.

Raonic saved a win with his 30th ace in a tense 6-7 (7), 6-3, 7-6 (4) victory over American qualifier Steve Johnson on Thursday to advance to the quarter-finals of the Western & Southern Open tennis tournament.

While his serve was potent, Raonic said his poor play made the contest "complicated." Raonic had to win it all in a tiebreaker after striking three double-faults as he served for victory leading 5-4 in the final set. In the end, the 23-year-old won the last four points of the tiebreaker, capping the victory with another ace.

"My attitude was not great when I was first serving for the match," said Raonic. "It added up and made life a lot tougher, it put a lot of weight on my shoulders. I was playing too negatively.

"Johnson was getting ahead a few times, but not by any great distance. I just complicated things in a lot of moments. I certainly would have rather had that final ace at 5-4 in the third." THE CANADIAN PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app to see which top seed lost and more results from Cincinnati on Thursday.

→ See the full instructions on Metro's Voices page.

Milos Raonic hits a backhand to Steve Johnson at the Western & Southern Open on Thursday in Mason, Ohio. DAVID KOHL/THE ASSOCIATED PRESS

NFL

Documents outline bid to move Bills to T.O.

A Buffalo Bills fan group uncovered documents that suggest a Toronto-based prospective ownership group has plans to relocate the franchise north of the border.

In a release issued Thursday, the Buffalo Fan Alliance identified several announcements referring to Rogers Communications consultant, Roger Rai, as part of the ownership group "attempting to acquire and move the Buffalo Bills to Toronto."

Rai said on Wednesday he's not involved with the group's ownership bid.

The alliance, made up of fans, former Bills players and business leaders, said the references made in the documents "would seem to cast further doubt on the credibility" of the Toronto group's assurances to keep the Bills in Buffalo.

THE ASSOCIATED PRESS

NBA

Raptors sign Jordan Hamilton

The Raptors have signed outside shooting threat Jordan Hamilton to a one-year contract, according to reports.

Hamilton, a 6-7 small forward played the first three years of his career with the Denver Nuggets. He was dealt to Houston last season at the trade deadline and averaged 6.7 points a game in 2013-14, while shooting 35.4 per cent outside the three-point line. Hamilton was drafted 26th overall by Dallas in 2011.

Reports indicate that Hamilton's deal, and backup point guard Will Cherry's contract, aren't fully guaranteed.

TORSTAR NEWS SERVICE

Jordan Hamilton. GETTY IMAGES FILE

Defoe might be back in the game Saturday

Toronto FC. Leading scorer may return from groin injury in time to face Kansas City

Jermain Defoe appears to be set to return from injury when Toronto FC visits Sporting Kansas City Saturday after missing the two previous games.

Defoe is the team's leading scorer with 11 goals in 15 games.

"We may have Jermain back, but again we don't want to push him too much," said coach Ryan Nelsen. "(Defoe's) status is that it's looking positive, it's looking really good, so yeah he might be available."

When asked, the striker would not confirm his status for Saturday's match.

Defoe missed the team's 2-0 win in Montreal and 3-2 win in Columbus this month due to the injury, which was initially believed to be a sports hernia. He also missed the MLS All-Star game last week.

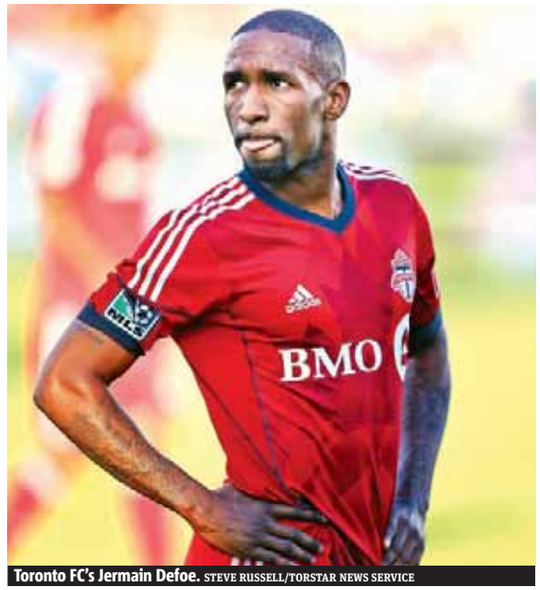
It was announced on Aug. 4 that Defoe had suffered a groin strain, which was expected to keep him out of the lineup for two to three weeks. Saturday would be Day 12 since the announcement.

The 31-year-old also missed Toronto's 2-1 loss at home to Sporting KC (11-6-6) on July 26 serving a one-game suspension for yellow card accumulation.

Toronto (9-7-5) will be without defender Mark Bloom (MCL strain) and captain Steven Caldwell (quad) for Saturday's game, which concludes a stretch of four consecutive road games.

Nelsen said the defenders could be available when Toronto returns home for a match with the Chicago Fire next Saturday.

THE CANADIAN PRESS



Toronto FC's Jermain Defoe. STEVE RUSSELL/TORSTAR NEWS SERVICE

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AUCTION

ONLINE AUCTION

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The following is a list of persons whose goods are up for Auction online.

On Saturday 16th August, 2014

For non-payment on their accounts.

1)	G1060	David Buzaglo	49 Freemont St., Concord ON. L4K 2N2
2)	F882, F883	Vanessa Pike	68 Corporate Ave. Unit 232, Scarb., ON. M1H 3H3
3)	C301	Jason Bishop	466 Dianne Dr. Oshawa, ON. L1H 7A6
4)	C325	Alana Settino	3291 Kingston Rd. Unit 5, Scarb., ON. M1M 1P9
5)	E717	Rosette Tshiago	76 Lombard St. Unit 604, Toronto, ON. M5C 3A5
6)	A37	Anthony Tedesco	4069 Lawrence Ave. E., Scarb., ON. M1E 2R6
7)	F885	Michael Hogan	3 Parnell Ave. #2, Scarb., ON. M1N 1R6
8)	E814	Christopher Ouroumis	3950 Lawrence Ave. E., Unit 908 Scarb., ON. M1G 1R8
9)	F935	Godfrey A. Douglas	39 Pixley Crest., Scarb., ON. M1E 3G5
10)	F907	Abdulai Deffie	78 Homestead Rd., Scarb., ON. M1E 3S2
11)	G1011	Gyasi Stevens	80 Codlin St., Markham, ON. L3S 3S5

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ALL CANADIAN SELF-STORAGE
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The following List of names and last known addresses, are people whose goods in storage will be sold on Wednesday 20th August 2014 from 12:00 PM due to non-payment of storage rent. The Auction will be an online auction through IBID4STORAGE.COM

1) **EATHAN CALLENDER**
14 Tyre Avenue, Toronto Ont. M9C 1C6
2) **KRISTIAN JURLEWICZ**
131 Springdale Drive, Barrie Ont. L4M 4Y1
3) **SARAH REYNOLDS**
83 Lakeshore Rd E #3, Mississauga Ont. L5G 1C9
4) **JOHN LAWLOR**
9 Thornton Ave, Toronto Ont. M6E 2E1
5) **AARON SMITH**
2893 Bloor St W unit 2, Etobicoke Ont. M8X 1B3
6) **ANDY GASKIN**
33 Eastmount Ave #706, Toronto Ont. M4K 1V3

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
It will pay you to take a closer look at how you organize your everyday affairs. You may not be able to escape responsibilities but there are ways you can make them easier to handle.

♉ Taurus
April 21 - May 21
The pace of life will pick up today and over the weekend and if you are involved in anything of a creative nature it will go extremely well for you.

♊ Gemini
May 22 - June 21
You may not agree with what a loved one tells you about they've been up to but resist the urge to say that it's wrong.

♋ Cancer
June 22 - July 23
You can't seem to make up your mind which direction you should be moving, which is of course frustrating, but who says you have to make a decision? Sit tight and wait for a sign.

♌ Leo
July 24 - Aug. 23
As mind planet Mercury moves into the money area of your chart today, you will come up with some ideas as to how to boost your spending power.

♍ Virgo
Aug. 24 - Sept. 23
Mercury, your ruler, moves into your birth sign today, making it much easier to work out what it is you want out of life. Once you've decided, make your plans and act at the earliest opportunity. Don't hesitate.

♎ Libra
Sept. 24 - Oct. 23
You'll have to make a conscious effort over the next 24 hours not to let fears get the better of you. Whatever it is you are worried about, it is almost certainly an illusion.

♏ Scorpio
Oct. 24 - Nov. 22
More than any other sign you have the power to make things happen, not least by using your ability to influence how people think. Your task today is to be a catalyst for change.

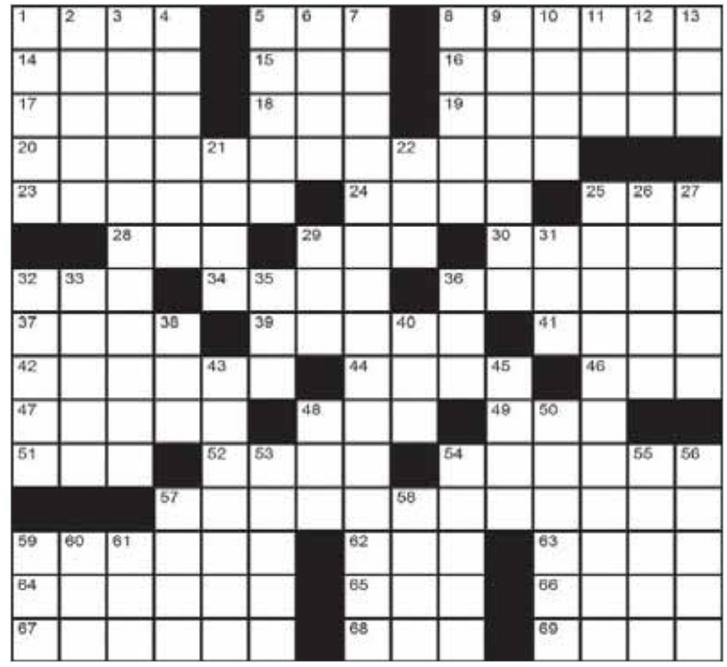
♐ Sagittarius
Nov. 23 - Dec. 21
Mercury's move into the career area of your chart makes this the ideal time to think about your ambitions. Is what you are doing now what you want to be doing long-term?

♑ Capricorn
Dec. 22 - Jan. 20
You will feel brighter and happier than you have for a long time today. You will also be inclined to start thinking about where your next vacation should be. Make it exotic.

♒ Aquarius
Jan. 21 - Feb. 19
You need to be assertive now. There is, of course, a danger you will go too far and upset people but they'll get over it.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in your opposite sign of Virgo means you must take other people's needs and desires into account, for the time being at least.

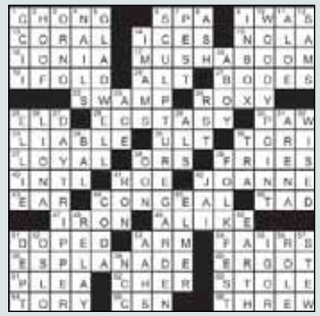
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Calculations course, curtly
5. Faith's country honey
8. __ road (Rustic route)
14. Isaac's older son
15. Music honour, e.g.
16. Bow and Fraser
17. Fewer
18. Captain's record
19. Polished the manuscript
20. Quebec City: The __ Park (Plains of Abraham locale ...more at #57-Across)
23. Actress Julia
24. Chilly
25. Sainte-Anne-__-Monts, QC
28. __, nine, eight...
29. 'Robot' suffix
30. Wear by wind/water
32. Repeated-word dance
34. Sizeable story
36. Edmonton International __ Theatre Festival
37. Grade
39. __ PaintShop Pro
41. USA part, briefly
42. Shoelace-insertion spot
44. Pantene __-_ (Shampoo)
46. LPs replacers
47. '80s salon requests
48. Manitoba's cap., The __
49. Bug
51. 'Baron' suffix
52. Interviewee's attire
54. Microwave leftovers
57. The Death of __ __ (Benjamin West painting at the National Gallery of Canada)
59. A.D. = Anno __
62. Outrage
63. Sweet'_ __ (Sugar substitute)
64. World Heritage site gr.
65. Slang-style insult
66. Defy
67. "__ down the hatches!"
68. Mr. McMahon's
69. Aren'ts antonyms

Down
1. Belonging to the "America's Got Talent" judge who was a Spice Girl
2. "Have ___." (Relax)
3. McCain tidbits: 2 wds.
4. Disco dance, The __
5. Chaucer creations
6. "__ __ two minds..."
7. Steppenwolf song: 3 wds.
8. Melissa __, CTV's "The Social" co-host
9. Jim Carrey's "Batman Forever" (1995) role
10. Notice: French
11. Pomeranian's practitioner, puny-ly
12. Earlier, olde-style
13. '60s rock drug
21. Microscope piece
22. Winged Greek goddess
25. He plays Kim Cattrall's hubby on HBO Canada's "Sensitive Skin": 2 wds.
26. Gradually advanced
27. Soothsayers
29. Billy Joel's "_ __ to Extremes"
31. Narrow inlet
32. Brunch serving, __ Suzette
33. Sean of "Will & Grace"
35. Perform
36. "Alice" waitress
38. Tree type
40. Work unit
43. Main meaning
45. Perspective
48. Dessert choice
50. Beach Boys title lady
53. Alliance
54. _-__: Alberta as Albeta ...or Ontario as Ontaio
55. "Fortune is painted blind, with a muffler __ her eyes..." - Shakespeare
56. Lauren of "The Love Boat"
57. Point
58. Cactus' climate
59. Nickname
60. "Hold ___ sec..."
61. Gathered

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2	8		1		3	
3		1	6	7		8		
	5						1	4
1			4		6		9	2
	3			2			5	
7	2		1		5			6
9	6						8	
		8		1	3	4		9
	1		9		8	5		

Yesterday's Sudoku

5	9	1	6	3	8	2	4	7
2	4	8	1	5	7	3	6	9
3	6	7	4	2	9	1	5	8
7	2	6	3	8	1	4	9	5
8	5	4	9	6	2	7	3	1
1	3	9	7	4	5	8	2	6
4	7	2	8	9	6	5	1	3
9	8	3	5	1	4	6	7	2
6	1	5	2	7	3	9	8	4

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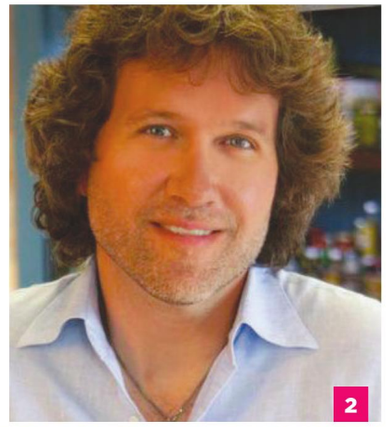
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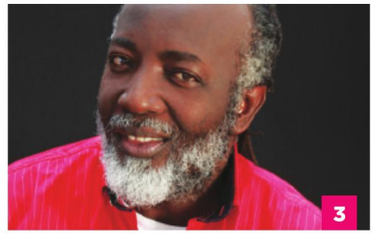
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5

7

8

4

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AFTER THREE WEEKS AND SEVERAL ROBO-BOOTY SHAKES, HITCHBOT'S CROSS-COUNTRY JOURNEY FINISHES UP IN VICTORIA PAGE 10

Rugby final ends in loss for Canada

Women's team got to the World Cup finals for the first time, but couldn't beat England PAGE 21

No RRSP cash? Cut the coffee

Gail Vaz-Oxlade has nine places you probably haven't looked for dough, including at the bottom of that non-fat, no-whip latte PAGE 15

'There's no closure'

Mother of policeman who took his own life still hasn't been able to read her son's suicide note, which was taken by investigators five months ago PAGE 3

NEWS WORTH SHARING.

THIS AIN'T A LOVE SONG

Argonauts fan David Knott burns Bon Jovi CDs in downtown Toronto Sunday prior to the Argos' CFL game against the B.C. Lions. About 15 diehard fans gathered ahead of the game to protest the idea of lead singer and prospective Buffalo Bills owner Jon Bon Jovi moving the NFL's Bills to Toronto — fearing it'll mean the end of their beloved Argos. For the story, see page 22.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Feds urged to deny rights to 'anchor babies'

Immigration. Infants born to non-citizens wouldn't get citizenship rights under proposal, though report shows number of cases doesn't justify reform costs

Immigration officials have recommended that Ottawa remove citizenship rights to babies born in Canada to non-citizens and non-residents, even though the small number of cases doesn't justify the costs.

The proposal, marked "secret" and with inputs from various federal departments, found fewer than 500 cases of children being born to foreign nationals in Canada each year, amounting to just 0.14 per cent of the 360,000 total births per year in the country.

The issue of citizenship by birth on Canadian soil once again raises concerns among critics over the current government's policy considerations being based on ideologies rather than evidence and objective cost-benefit analyses.

"An impartial observer would conclude that the evidence supports no need for change, given the small number of cases. Yet the recommendation supports the government's public rhetoric and anecdotes on the need for change," said Andrew Griffith, a former director general for citizenship and multiculturalism at Citizenship and Immigration Canada.

The Conservative government overhauled the Canadian Citizenship Act earlier this year by further restricting eligibility. However, the "birth on soil" provision was left intact and required further studies.

"Eliminating birth on soil in order to ensure that everyone who obtains citizenship at birth has a strong connection to Canada would have significant cost implications," said the 17-page report prepared for former immigration minister Jason Kenney, obtained under an access to information request.

"The challenge of communicating this change would be convincing the public that restricting the acquisition of Canadian citizenship is worth that cost, particularly in a climate of deficit reduction."

The office of Chris Alexander, Kenney's successor, confirmed with Torstar News Service that the government is still reviewing citizenship policy with regard to the issue of "birth tourism" — a term referring to foreigners travelling to give birth in Canada so the baby can claim automatic citizenship here. Dubbed "anchor babies," these children are eligible to sponsor their foreign parents to Canada once they turn 18. It is unknown how many of them actually return to their birth country with their parents, but it's believed the number is low.

"Canadian citizenship is an honour and a privilege, and our Conservative government is committed to increasing its value. Birth tourism undermines the integrity of our citizenship program," said a spokesperson for Alexander.

TORSTAR NEWS SERVICE

Other countries

Currently Canada and the United States are the only countries to have birth on soil provisions. The United Kingdom, Australia, New Zealand and most European countries restrict citizenship by birth on soil to children born to parents who are either citizens or permanent residents.

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Months after cop's suicide, mom still seeks answers

Interview. Constable's suicide note, belongings have been withheld from his family

The grieving mother of a Toronto police officer who took his own life in March is still desperate to read her son's suicide note, taken by investigators, five months later.

Clinton Cibulis, a Toronto police constable at 14 Division, hanged himself at home on March 16, four days after his 34th birthday.

It was a Sunday. He had been temporarily suspended from work on Friday, allegedly for harassing a female officer, according to his mother, Lynda Cibulis.

In an interview with Torstar News Service, Cibulis said police at the scene of her son's death seized his personal computer, his cellphone and the suicide note, none of which she has been allowed to see.

Cibulis said the Toronto police have withheld her son's belongings from her — and with them, the answers she has been seeking.

"Maybe the guilt will be gone," Cibulis said. "You feel guilty because you didn't realize what was going on and he didn't come to you for help."

Police were still in possession of the items until as recently as July 23, when, four months after her son's death, the investigating coroner issued a warrant to police to hand them over to his office, as well as a video the constable made on the night of his dismissal.

Toronto police officer Const. Clinton Cibulis, 34, committed suicide in March, but his family is still barred from seeing his suicide note. CONTRIBUTED

Quoted

"Everything's been so hush-hush, I don't know what's going on. Something isn't right that after five months there's no closure." Lynda Cibulis

Coroner Dr. James Edwards is investigating what happened at the police station that night, with particular attention to the decision to suspend Cibulis.

It's a decision the officer's mother has been obsessing over for months.

With the coroner's seizure of her son's belongings, Cibulis can now file a written request for their return — along with a copy of the coroner's report, when it becomes available sometime in the next four months.

Until then, Cibulis remains in the dark about her son's death.

"It's not fair," she said. "He wrote a suicide letter and I haven't seen it. We haven't even got his computer back."

While the coroner's investigation so far has not indicated anything other than suicide by hanging, Edwards said, Cibulis alleges that police protocols failed her son that night and continue to fail him today.

"They shouldn't have taken away all his dreams and hopes for the future away on a Friday evening and left him completely alone," Cibulis said. "He should have got some kind of treatment."

Edwards told Torstar that coroner's investigations can take four to nine months to complete, adding that he cannot comment directly on the Cibulis case.

"But we are investigating," he said. TORSTAR NEWS SERVICE

Response

Force stays tight-lipped

The Toronto Police Service's professional standards division, tasked with ensuring ethics and public confidence in the force, declined to comment on the protocols in place around officer suspensions and referred all questions to Toronto police spokesman Mark Pugash.

Pugash declined to say whether Const. Clinton Cibulis was offered any counselling or support at the time of his suspension. Other officers later told Cibulis's mother that her son repeatedly threatened suicide when he was told of the looming reprimand, she said.

Pugash would not comment on why police would withhold an officer's personal belongings for months after his death.

"We have been in touch with his mother; we have answered all her questions," Pugash responded to all subsequent Torstar questions.

Toronto Police Association spokesman Mike McCormack said the union has an employee assistance program to help employees overcome addiction and mental health issues via outside referrals, but has no program to respond to immediate employee emergencies.

TORSTAR NEWS SERVICE

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Sand Wars: Sculpting a galaxy far, far away

'Super excited'. Burlington sculptor creating a 100-tonne sand version of the 'throne room' scene from The Empire Strikes Back at the CNE

Karen Fralich, a professional sand sculptor who has been active for 20 years, works on a massive Star Wars sand sculpture on Sunday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Most people leave the sandbox behind when they grow up, but Burlington resident Karen Fralich has managed to turn building sandcastles (and sand people and sand animals) into a full-time job.

Fralich, a five-time sand-sculpting world champion, has been a professional sand sculptor for the last 20 years.

Her most recent masterpiece is a 100-tonne sand version of the "throne room" scene from the Star Wars film The Empire Strikes Back that she's working on at the CNE. When finished, it will include Jabba the Hutt, Princess Leia and Han Solo, all made out of sand trucked in from a local quarry.

"I've enjoyed every single sculpture I've ever done here, but this one I'm super excited about," she says, taking a break from carving out the side of C-3PO's head.

Behind her is a brown blob that will soon come to life as a space villain.

"I can't wait to get working on Jabba," says Fralich, who "absolutely worshipped" Star Wars as a child growing up near Guelph.

It's her 11th year working on a sand sculpture at the CNE. She works for a company in California called Sandscapes that sends her on sand-sculpting missions at fairs, festivals and beaches around the world about a dozen times a year.

CNE-goers like Martha Bouchier, who calls the sandy Star Wars tableau "gorgeous," wonder how Fralich got such a gig.

"How do I get that job? I'm pretty good at it," says Bouchier with a laugh.

Fralich says she always loved art but thought that it would only ever be a hobby.

After dropping out of engineering school, she was introduced to a veteran sand sculptor and helped with a small sculpture of a barn for a mall in Milton.

"The rest is history," she remembers.

"It was like an epiphany. Oh my God, this is amazing, how do I do this?"

TORSTAR NEWS SERVICE

October heat wave, November rain

Early frost warnings and a late heat wave will make for fickle fall weather in Southern Ontario this year.

That's the prediction of senior meteorologists from forecasting service Accuweather.com as the days become shorter and leaves begin to change colour. The temperature in September is expected to be slightly cooler than normal, with a risk of frost hitting areas north of Toronto before the month is over.

Despite the less-than-optimistic outlook, a late surge of warm weather in October, also known as an Indian summer, is expected to give Southern Ontario one last blast of heat before heading into what is expected to be a colder- and wetter-than-normal November.

"It's going to be an up-and-down fall across Southern Ontario," said Brett Anderson, a senior meteorologist with Accuweather.com.

He said areas north of Toronto will likely see drier-than-normal conditions.

TORSTAR NEWS SERVICE

Cold end of the stick

A weak El Nino system, which hasn't been officially declared, is expected to create slightly colder than normal conditions for Ontario this winter, while Western Canada could see warmer than normal temperatures.

A woman walks her dog along the boardwalk in the Beaches. According to forecasting service Accuweather.com, Torontonians can look forward to a heat wave in October. DALE BRAZAO/TORSTAR NEWS SERVICE FILE

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Syrian government warplanes strike Islamic State stronghold

Raqqa. Air raid includes at least 25 strikes, killing at least 11 in northeastern Syria, says human rights group

Buildings damaged during battles between Syrian troops and rebels stand along an empty street in Mleiha, some 10 kilometres southeast of downtown Damascus, Syria. THE ASSOCIATED PRESS

Syrian government warplanes pounded an Islamic State group stronghold as well as other towns controlled by the extremists, conducting a wave of airstrikes Sunday that killed at least 11 people, activists said.

For more than a year, President Bashar Assad's air force rarely targeted territory controlled by the Islamic State group in northern Syria, instead focusing on mainstream rebel groups. But government jets have begun hitting the extremists more regularly since the jihadis overran much of neighbouring northern and western Iraq in June.

Even in that context, the intensity of Sunday's air raids appeared unusually high, with at least 25 strikes hitting the group's stronghold of Raqqa in northeastern Syria, the Britain-based Syrian Observatory for Human Rights said.

Observatory director Rami Abdurrahman said 14 of those raids targeted a military court and other buildings used by the group.

Abdurrahman said at least 31 Islamic State members were killed in Raqqa, and around 40 wounded. He said there were an additional 22 civilian casualties, but he didn't have an exact breakdown of the dead and wounded.

The Local Coordination Committees, an activist collective, also reported the airstrikes on Raqqa, but put the death toll early in the day at 11.

Differences in casualty figures are common in the immediate aftermath of attacks in Syria.

Both activist groups also reported government airstrikes on Islamic State-controlled areas in Deir el-Zour province bordering Iraq and Aleppo province bordering Turkey, including the towns of Akhtarin and Dabiq.

THE ASSOCIATED PRESS

Gaza. Truce set to expire, Palestinians divided

Palestinians appeared divided Sunday as the clock was winding down on the latest Gaza ceasefire, with officials saying Hamas was still opposed to a compromise Egyptian proposal that would ease the closure of the territory, while other factions, including delegates representing President Mahmoud Abbas, were inclined to accept.

Hamas officials said they were holding out in hopes of getting more concessions in the Egyptian-mediated talks.

With a temporary truce set to expire late Monday, a range of outcomes remained possible, including a return to fighting that has brought great devastation to Gaza, an unofficial understanding that falls short of a formal negotiated deal or yet another extension in negotiations. The negotiations are aimed at ending the latest war between Israel and Hamas-led militants in Gaza.

THE ASSOCIATED PRESS

Islamic State extremists

Kurdish forces retake parts of Mosul Dam, Iraqi official says

Kurdish forces took over parts of Iraq's largest dam on Sunday less than two weeks after it was captured by the Islamic State extremist group, Kurdish security officials said, as U.S. and Iraqi planes aided their advance by bombing militant targets near the facility.

The U.S. began targeting Islamic State fighters with airstrikes a little over a week ago, allowing Kurdish forces to fend off an advance on their regional capital Irbil.

The Kurdish forces launched the operation early Sunday to retake the Mosul Dam, Gen. Tawfik Desty, a Kurdish commander, said.

He said his forces now control the eastern part of the dam and that fighting is still underway.

The dam supplies electricity and water for irrigation to a large part of the country. THE ASSOCIATED PRESS

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People defy a curfew on Sunday, before tear gas was fired to disperse a crowd protesting the Aug. 9 shooting of teenager Michael Brown in Ferguson, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

U.S. orders federal autopsy of Missouri teen shot by police

'Extraordinary circumstances.'
Fatal shooting of an unarmed black teen on Aug. 9 has prompted protests in Ferguson

U.S. Attorney General Eric Holder on Sunday ordered a federal medical examiner to perform another autopsy on a black Missouri teenager, whose fatal shooting by a white police officer has spurred a week of rancorous and sometimes violent protest in suburban St. Louis.

The "extraordinary circumstances" surrounding the case of 18-year-old Michael Brown, and a request by Brown's family members, prompted the order, Department of Justice spokesman Brian Fallon said in a statement.

"This independent examination will take place as soon as possible," Fallon said.

The Justice Department's latest announcement followed the first night of a state-imposed curfew in Ferguson, which ended with tear gas and seven arrests after police dressed in riot gear used armoured vehicles to disperse defiant protesters.

Missouri State Highway Patrol Capt. Ron Johnson said protesters weren't the reason for the escalated police reaction early Sunday morning after the midnight curfew took effect, but rather a report of people who had broken into a restaurant and taken to the roof, and a man who flashed a handgun in the street. Also overnight, a man was shot and critically wounded in the same area, but not by police; authorities were searching for the shooter.

The protests have been going on since Brown's death heightened racial tensions between the predominantly black community and mostly white Ferguson Police Department, leading to several run-ins between police and protesters and prompting Missouri's governor to put the Highway Patrol in charge of security.

THE ASSOCIATED PRESS

Ukraine. Army troops enter rebel-held territory

Army troops have penetrated deep inside a rebel-controlled city in eastern Ukraine in what could prove a breakthrough development, the Ukrainian government said Sunday.

Ukraine's national security council said government forces captured a district police station in Luhansk on Saturday after bitter clashes in the Velika Vergunka neighbourhood.

Weeks of fighting have taken their toll on Luhansk, which city authorities say has reached the verge of a humanitarian catastrophe. The siege has brought ground delivery of basic provisions to a halt and cut off power and water.

The area is just across the border from where a large Russian aid convoy is poised to cross with supplies intended for Luhansk and other afflicted zones. The Red Cross, which would have responsibility for distributing the aid, said the main holdup was a lack of security guarantees from all sides.

A large X-ray machine was brought to the Russian crossing point, and Paul Picard, the head of a border-monitoring mission from the Organization for Security and Co-operation, said it would be used to inspect cargo.

THE ASSOCIATED PRESS

Aid convoy

Part of the aid convoy headed to the frontier crossing on Sunday, but then stopped.

- The convoy of nearly 270 vehicles has been marooned for days amid objections from Ukraine, which initially complained that the mission was not authorized by the International Committee for the Red Cross.

Ebola spread feared after 'looting spree' at Monrovia clinic

Liberia's capital. Quarantine centre, for patients suspected of Ebola virus, raided by residents of slum

Liberian officials fear Ebola could soon spread through the capital's largest slum after residents raided a quarantine centre for suspected patients and took items including bloody sheets and mattresses.

The violence in the West Point slum occurred late Saturday and was led by residents angry that patients were brought to the holding centre from other parts of Monrovia, said Tolbert Nyenswah, assistant health minister, on Sunday.

Up to 30 patients were staying at the centre, and many of them fled at the time of the raid, said Nyenswah. Once they are located, they will be transferred to the Ebola centre at Monrovia's largest hospital, he said.

West Point residents went on a "looting spree," stealing items from the clinic that were likely infected, said a senior police official, who insisted on anonymity because he was not authorized to brief the press.

A health worker, left, helps a colleague with his equipment on Saturday in Monrovia, Liberia.
ABBAS DULLEH/THE ASSOCIATED PRESS

The residents took medical equipment and mattresses and sheets that had bloodstains, he said. Ebola is spread through bodily fluids including blood, vomit, feces and sweat.

"All between the houses you could see people fleeing with items looted from the patients," the official said, adding that he now feared "the whole of West Point will be infected."

Some of the looted items were visibly stained with blood, vomit and excrement, said Richard Kieh, who lives in the area.

The incident creates a new challenge for Liberian health officials who were already struggling to contain the outbreak.

Liberian police restored order to the West Point neighbourhood Sunday. Sitting on land between the Montserrado River and the Atlantic Ocean, West Point is home to at least 50,000 people, according to a 2012 survey.

Distrust of government runs high in West Point, with rumours regularly circulating that the government plans to clear the slum out entirely.

Though there had been talk of putting West Point under quarantine should Ebola break out there, Nyenswah said no such step has been taken. "West Point is not yet quarantined as is being reported," he said.

Ebola has killed 1,145 people in West Africa, including 413 in Liberia, according to the World Health Organization. THE ASSOCIATED PRESS

United Kingdom

Scotland divided on independence, opinion polls show

One month before a referendum, two opinion polls show that Scotland's voters are narrowly divided on whether to leave the U.K.

Sunday's published polls both found that a majority of decided voters want Scotland to stay within the U.K. THE ASSOCIATED PRESS

Oralndo, Fla.

SeaWorld vows to make changes

After more than a year of public criticism of its treatment of killer whales, SeaWorld said Friday that it will build new, larger environments at its theme parks and will fund additional research on the animals along with programs to protect ocean health and whales in the wild. THE ASSOCIATED PRESS

Protests. Cricketer-turned-politician demands Pakistani PM step down

A Pakistani cricketer-turned-politician on Sunday called on thousands of anti-government protesters to stop paying taxes and practise civil disobedience until Prime Minister Nawaz Sharif steps down, raising fears of instability in the nuclear-armed U.S. ally.

Imran Khan, who heads Parliament's third largest bloc, made the announcement at a rally in the capital calling for Sharif to step down over alleged voting fraud in the May 2013 election, the first democratic transfer of power in a country with a long history of military dictatorships.

Khan also warned that his supporters would take over Parliament if Sharif does not resign within two days.

"We decide today that we will not pay taxes to his illegitimate government; we will not pay electricity bills, gas bills," Khan said to a charged crowd estimated at 10,000 to 15,000 people. "I urge all the traders to stop paying taxes."

Khan and cleric Tahir-ul-Qadri, a dual Canadian citizen with a wide following who spends most of his time abroad, have mounted twin protests that have brought thousands of people into the streets in Islamabad.

They accuse Sharif of rigging the election that brought him to power.

Finance Minister and Sharif ally Ishaq Dar called Khan's move unconstitutional, and Information Minister Pervaiz Rashid called the demand a "joke." But both ministers told SAMAA TV that their government was ready to negotiate with Khan over his demands for electoral reforms within the constitutional framework.

Sharif has given no indication he intends to step down. THE ASSOCIATED PRESS

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Cross-Canada trek ends in Victoria for plucky robot

hitchBOT. Two Ontario professors designed the cross-country-travelling, wedding-crashing bot to see if it could trust humans

David Smith poses with his latest project, hitchBOT. JEFF HARPER/METRO FILE

A plucky hitchhiking robot from Ontario has finished its cross-country tour, arriving in Victoria three weeks after it left Halifax.

On Saturday hitchBOT tweeted: "I'm on a boat. Well, a ferry to be exact. Victoria, I'm on my way."

According to the robot's Twitter feed, it will meet with B.C. First Nations followed by a quick trip to Seattle before attending a welcome ceremony at the Open Space Art Gallery on Aug. 21 in Victoria.

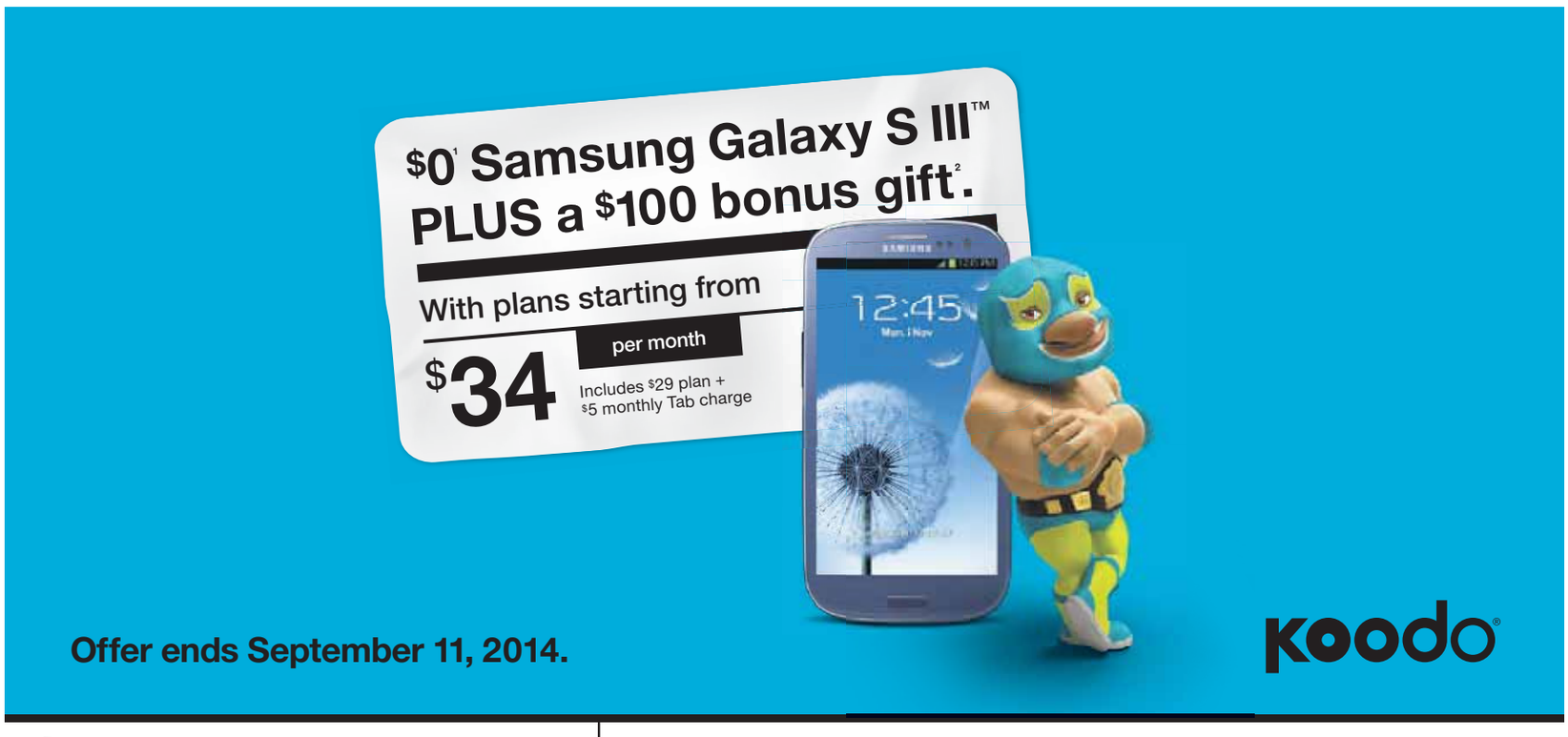
hitchBOT, who was created by Ontario communications professors Dr. David Smith and Dr. Frauke Zeller, was designed as both a collaborative art project and a social robotics experiment.

According to its creators, hitchBOT, which is about the size of a child, was built to determine whether robots can trust humans.

Dressed in household items to appear non-threatening, hitchBOT has been taken on friendly adventures by drivers — even crashing a wedding — and exceeds 33,000 Twitter followers. NICK WELLS/FOR METRO

Enjoying every last gram of his freedom

Marijuana activist Marc Emery smokes from a bong featuring the word "Freedom" during his return party on Sunday in downtown Vancouver. Hundreds gathered to welcome Emery, Canada's self-styled "Prince of Pot," home after he spent more than four years serving a prison sentence in the U.S. BEN NELMS/THE CANADIAN PRESS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Does your pension plan work for you?

HOW TO ROLL
Alison Griffiths
metronews.ca

Few Canadians know what's going on in their personal RRSPs, let alone the ins and outs of their workplace plans. In fact, the 2012 BMO Wealth Institute report on workplace pensions found that 51 per cent of Canadians had no idea what kind of features they wanted in a pension plan.

It's time to wise up! At the very least, you should know what kind of pension you have. Here are the four predominant workplace plans:

1. Defined Benefit Plan
A shrinking number of lucky Canadians have a DBP. From 1991, the percentage of Canadian workers covered by DBPs has dropped from 41 per cent to roughly 30 per cent today.

DBPs pay a guaranteed retirement income based on earnings and years of service. However, they are not without risk, as the employees of Nortel Networks and Eaton's know all too well.

2. Defined Contribution Plan
These plans combine contributions from the employee and the employer. While only 17 per cent of workplace pensions are DCPs, the number has doubled in the last 20 years and is expected to triple in the next 10 to make them the dominant type of workplace pension.

With DCPs, employers aren't responsible for the payout. Instead, the quality of the investments and the management will dictate returns.

3. Group RRSP
These are actually savings vehicles just the same as individual RRSPs. One advantage is that the money is accessible before or after retirement. Of course, income tax may be levied on the withdrawals. DC plans, on the other hand, are completely or partially inaccessible until retirement.

4. Pooled Registered Pension Plan
Created in 2012, these are employer-sponsored, but contributions by your boss aren't mandatory. PRPPs are also available to the self-employed who have always been shut out of workplace pension plans. Once an employer offers a PRPP, employees are automatically registered with the option to opt out within 60 days.

Remember, all plans, except DBPs, require your participation. Making appropriate investment choices at the start can mean the difference between cat food and caviar during retirement.

Mountain resort

Whistler Blackcomb posts Q3 increases in revenue, visits

The Chateau Whistler lies in the background during Red Bull Joyride action at Crankworx in Whistler, B.C., Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

Whistler Blackcomb Holdings Inc. narrowed its third-quarter loss to $10.2 million and increased its revenues, noting the recent ski season had challenging conditions.

The ski resort company had a loss of 15 cents per diluted share, down from a loss of $12.2 million, or a loss of 19 cents, in the same quarter last year.

Revenue was up 16 per cent to $34.5 million. Revenue per visit was $87.81, up 3.1 per cent.

Whistler Blackcomb Holdings says total visits in the quarter were 393,000, up 13 per cent year-over-year. The increase in visits for the three months ended June 30, 2014, was mainly due to the timing of the Easter holiday.

Whistler Blackcomb is the largest four-season mountain resort in North America. THE CANADIAN PRESS

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HEY, CHOW! TRY BEING PROGRESSIVE

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

A year ago, before Toronto's mayoral campaign had even started, polling firm Forum Research released poll results showing that Olivia Chow was going to be really hard to beat. In a multi-person match-up pitting her against Mayor Rob Ford, John Tory and Karen Stintz, Chow scored 39 per cent, with 12 points separating her from her closest competitor.

But that was then. A recent Forum Research poll put her at just 25 per cent: 10 points behind Tory and in a statistical dead heat with Ford.

So, um, what happened?

Some of this, I'm sure, can just be chalked up to the vagaries of polls. I hear they're wrong sometimes. But it isn't just the one poll showing that Chow has lost some momentum — her decline has been observed by a few of them.

Anecdotally, I'm hearing less enthusiasm about her candidacy from the kind of downtown progressives that should be fired up about the Chow for Mayor push. .

That should be a big concern for Chow and the army of people working to put her in the mayor's office. It might be time for a campaign retooling. Here's what I'd suggest:

First, Chow needs to embrace her role in this race as the progressive candidate. The Tory camp loves to label Chow as the "NDP candidate" as if that's an insult, but Chow shouldn't run from her roots. People knew she was an NDP member when she was dominating the early polls. It didn't hurt her. And why would it? Historically, the NDP has been pretty darned popular in Toronto.

Chow should leverage that, and back it up with real progressive policies. Up until now, her campaign has been handcuffed by an ill-advised promise to stick to residential property tax increases around the rate of inflation. It's put Chow in the odd position of arguing both that the city has underinvested in elements such as transit and child care, and also that the city doesn't need to increase its revenue to fix that underinvestment.

It makes for bad math. And bad math shouldn't win elections.

If Chow believes an enhanced program, a new service or a new subway line will make Toronto a better place to live, she should be prepared to talk about how she'd pay for those things – and even how she'd pay for them if the provincial and federal governments don't pony up some new money.

In short, to regain momentum in this race, Olivia Chow should take the radical step of being Olivia Chow: the left-wing, NDP-orange Olivia Chow who was so popular in hypothetical polls last year; the same Olivia Chow who was once anointed as the progressive replacement for Rob Ford.

I haven't seen that Olivia Chow much lately.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Whatever floats is your boat

Kevin Kennedy, foreground, competes in the Anything That Floats Race in Key Largo, Fla., over the weekend. Named Freedom of the Seas, Kennedy's entry was created from a blue plastic barrel and foam blocks for stability. The offbeat event in the Florida Keys challenged entrants to race in whatever they could find or build that provided buoyancy. ALL PHOTOS BOB CARE/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Buoy oh buoy! Florida hosts annual water-thingy race

Hundreds of spectators cheered as amateur boat builders paddled and sculled their self-made racing crafts to the finish line during this weekend's annual Anything That Floats regatta race in the Florida Keys.

Teammates from Florida, Virginia, Nevada, Michigan, Ohio, Illinois and Pennsylvania brought self-propelled watercraft they built using common yet unsinkable household items.

An eight-person team crafted its entry, Flight From Hell, out of metal military cargo cases lashed together with web straps and rope. It won the award for the Best Unlimited Boat.

Mary Walker and Matt Hetman created Wilson's Revenge as a tribute to the Tom Hanks movie Castaway. Among the materials used: FedEx boxes, a palm tree and a volleyball. FLORIDA KEYS NEWS BUREAU/CBSLOCAL.COM

That's way too much pop

The Coke Float.

- Garnering Most Creative was Coke Float, crafted by George and Kristyn Silver, who used Saran Wrap to enclose 99 two-litre plastic soft-drink bottles in the shape of a boat.

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MetroTube

Case of the Mondays? Seal pup on Sea-Doo may or may not help

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: It's Monday, and odds are good that you're not where you'd really like to be right now. But that's no reason to start the week on a negative note. Here's video of a friendly seal pup cruising up to say hello to a couple on a Sea-Doo. Yeah, yeah, being part of a couple on a Sea-Doo might be exactly where you want to be right now and, if that's the case, we apologize for bringing that up. But, come on, look at how damned cute that thing is. (Michael Borthwick/YouTube)

THE ASSOCIATED PRESS FILE

metro

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Ebooks

Riddle of the Black Cat

By. J.W. Rinzler

iBooks/Kindle

MIND THE APP
Kris Abel
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Edgar Allen Poe's famous detective, Auguste Dupin, takes on the insanity defence in this animated retelling of one of Poe's darkest tales. Stellar voice acting and imaginatively possessed illustrations offer wonderfully grisly hysterics. Rinzler's take is a creative one and the added analysis is insightful, yet still it can't match the original short story's powerful spell. Thankfully that's included, too.

Box office

Fans still shelling out for TMNT

Teenage Mutant Ninja Turtles came out on top this weekend, while Sylvester Stallone's The Expendables 3 was easily out-gunned in its debut. The turtles took in $28.4 million in its second weekend. That surpassed the fourth place $16.2 million earned by The Expendables 3. The Guardians of the Galaxy came in second with $24.7 million. Let's Be Cops took third spot. THE ASSOCIATED PRESS

Bringing Diana Gabaldon's Outlander world to life

Long time coming.
Writer always worried about her work getting screen treatment, until she met the producer of Battlestar Galactica

RICHARD CROUSE
scene@metronews.ca

Caitriona Balfe and Sam Heughan star in the TV adaptation of Outlander, premiering Aug. 24 on Showcase. CONTRIBUTED

Diana Gabaldon is notoriously protective of her work. Her website asks amateur writers to refrain from producing any fan fiction based on her characters and it has taken decades for her to OK a screen adaptation of her best known novels, the eight-part Outlander series.

The former academic-turned-bestselling-author writes thick books that Entertainment Weekly describes as containing a "time-hopping, continent-spanning salmagundi of genres."

Since the publication of the first Outlander book in 1991, rumours of a film franchise have flitted about, with big names like Liam Neeson and Sean Connery attached. The mix of romance, time travel and adventure sounds tailor-made for the screen, but Gabaldon wanted to make sure the story was told properly.

"Outlander is a very big story," she says. "The very intricate plot fits together like the pieces of a watch. You start pulling things out and the whole thing isn't going to work. Consequently a two-hour movie cannot be made and reflect the integrity of the work."

Enter Battlestar Galactica producer Ronald D. Moore who says he "read the book and was quite taken by it. It's a page-turner in the truest sense of the word. I really liked the central character of Claire because she was intelligent and strong; very capable and interesting."

He saw Outlander not as a movie, but a television series.

"There were surprises along the way, reversals of fortune I didn't see coming," he says, "which I thought would be really great for a television series. I got it. We'd do one season a book and there's seven more books in the series."

His take on the material won Gabaldon over. "I told Ron when I saw the pilot script, 'This is the first thing I've seen based on my work that didn't either make me turn white or burst into flame.'"

The show, which premieres Aug. 24 on Showcase, stars Irish model/actress Caitriona Balfe as Claire Randall, a married Second World War combat nurse mysteriously transported back in time to 18th-century Scotland.

"We're trying to keep the show grounded throughout," says Moore. "You want to really believe that both those places exist. I'm a strong believer in the idea that if you're going to take the audience on a fantastical journey, the more believable you make it, the better. That way the audience will go with you when something crazy, like time travel, happens."

Gabaldon gives the show her stamp of approval, saying, "I feel very fortunate to be able to share with them in this production."

AUGMENTED REALITY

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J-Law looks across the pond and finds Chris Martin

NED EHRBAR
Metro World News in Hollywood

This was certainly … unexpected. America's Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June. After the whole Zac Efron and Michelle Rodriguez thing — is that still a thing? — it's official: The gossip gods must be crazy.

It's like someone at a tabloid office has just been throwing photos of celebrities up in the air and seeing which ones land next to each other.

J-Law, baby, darling, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only parameters for a boyfriend are tall, British and famous, I could've offered you plenty of other options. Like, I don't know, Peter Mayhew? You know, the guy who plays Chewbacca? I hear he's a very generous lover.

The drama just won't quit for Bey and Jay

Beyoncé and Jay-Z just can't catch a break. Amid the swirling rumours about trouble in their marriage, a homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation because she claims to be the biological mother of their daughter, Blue Ivy, according to Radar Online. The bizarre handwritten filing states, "Through mutual associates Plaintiff (myself) provided DNA egg for Beyoncé and Jay Z and look to work out some type of (sic) contractual agreement with Defendants that: a:) Would compensate me for my services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support." Seals has filed similar suits against Kanye West and Janet Jackson, so take that for what it's worth. She is requesting DNA testing on Blue Ivy and "mandated mediation pending test results" because "I desire to preserve this relationship as these are great people."

Beyoncé and Jay-Z.
ALL PHOTOS: GETTY IMAGES

Demi dishes on Twitter drama with Selena

If you're still desperate for some details on why Demi Lovato went and unfollowed former BFF Selena Gomez on Twitter, Bravo's Andy Cohen is looking out for you. During a recent Watch What Happens Live interview, Cohen grilled Lovato on the unfollow heard round the world, and though Lovato tried to avoid addressing the topic at all, she finally conceded, "I think it's just one of those things where people changed and people grow apart."

You hear that, Gomez? You've changed. Ball's in your court.

Can't find cash for your RRSP? You need to look a bit harder

Fast fixes. Nine tips on how to reduce spending and boost your long-term savings

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Brewing your own coffee each morning, and switching to tea in the afternoon, can save you hundreds. ISTOCK

The biggest challenge for new savers is balancing saving with all the other stuff competing for your attention. How are you ever going to find extra money for retirement savings?

Perhaps you're just not looking in the right place.

1. Cook at home. It's so easy to pick up the phone or run through the drive-thru at the end of a killer day. But eating out costs about 10 times as much as cooking at home. This weekend, do some meal planning and cook a couple of big-pot meals like chili, stew, soup, or spaghetti sauce. Freeze a few servings for those busy nights when you're exhausted and just don't want to cook.

2. Make your own coffee. The coffee habit can be deadly. In no time at all, we're drinking two or three cups a day and dropping $1,500 a year. Brew your coffee at home for the drive in and switch to tea later in the day. Tea is easier to make at work.

3. Get a better phone plan. If you're using your cellphone all the time, and paying a whopping bill, you're a dope. You don't have to give up your cell, just cut your bill.

4. Increase deductibles. Would you really make a claim on your car insurance for under $1,000? Do you know what that would do to your premiums. Raise your deductible to $1,000 and watch your premium drop. Also, combine your home and auto insurance and save up to 15 per cent.

5. Save money on your mortgage interest. It's as easy as choosing to make accelerated weekly or bi-weekly payments on your mortgage. When you do, you make the equivalent of one extra monthly payment every year, which could save you four year's worth of interest.

6. Grab the education savings grant. When you invest in a Registered Education Savings Plan, the federal government gives you money to help with your child's education. If you put $2,500 in the plan, the feds will add $500. That's an immediate 20-per-cent return.

7. Contribute to an RRSP and use your refund to pay down your mortgage. If you're in the 30-per-cent tax bracket and you make a $3,000 contribution to an RRSP, the taxman will refund you $900, which you can use to pay down your mortgage. This is one of the smartest strategies to achieve two goals with one pool of cash.

8. Defer, extend, eliminate and save. Defer some of the things you spend on, like those twice-a-year trips to enjoy some sunshine. Extend the time between routine things such as getting your hair coloured or cut. Cut back on your lawn maintenance and home-cleaning service to once every two weeks. Eliminate frivolities: borrow books, magazines and DVDs at the library, eliminate cable and shop in the thrift stores.

9. Practise living as if you're already retired. The closer you get to boarding the retirement train, the more prepared you need to be. What better way to see how the retirement shoe fits than to try it on. Use the money you save to boost your tax-free savings account, RRSP or emergency fund.

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Money 101. Two couples, one year to make them richer

Continuing to slay the debt monster

Since January, I have coached two Canadian couples toward drastic financial improvement. To date, each couple has raised their net worth by more than $25,000. Now, as we close in on the final months of their 2014 money makeovers, these Metro Money Couples are celebrating their progress while learning techniques to crush their debts. – *Lesley-Anne Scorgie*

To celebrate their financial progress, Anne-Marie and Peter are planning a trip to Ireland. SHUTTERSTOCK

As a way to continue to grow their income, Carolina plans to teach piano lessons. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter cracked $100,000 in net worth this month thanks to strong investment performance and significant payments towards debt.

To celebrate their incredible financial progress, Anne-Marie and Peter have booked a trip that was on sale to Ireland and used their WestJet dollars, which cost $1,100 for themselves and their baby. In true frugal fashion, they plan to stay for free with friends and maintain a strict travel budget while on holidays later this year.

Thanks to Anne-Marie's larger-than-expected employer "top-up" for her parental leave, the couple's celebratory trip does not derail their plans to be nearly debt-free by the year's end. They are on track to owing $3,500 by December, which is a $12,000 difference from the beginning of 2014.

In the middle of July, Anne-Marie and Peter established a registered education savings plan (RESP) for their little girl and have begun contributing $50 per month into a low-fee, growth-oriented mutual fund. This investment strategy will take advantage of the long-term potential for growth in the large-cap Canadian equity market.

The couple also evaluated their existing investment holdings, taking into consideration account fees, risk tolerance and investment time frame. They made the decision to approach their RRSP investments with the same strategy as their daughter's RESP account.

I also circled back with Anne-Marie and Peter on their goal of saving for a down payment. Though the couple is still committed to owning a home, steep real estate prices in Toronto make home ownership a longer term endeavour.

There are two ways they could expedite saving for their down payment. The first is for Peter to secure a large freelance contract or a significant raise through his work while Anne-Marie is on maternity leave. The second would be to borrow, or receive as a gift, money from a relative. Giving an early inheritance is popular as older family members wish to help out younger family members, effectively putting their money to use while they are still alive.

Homework:
In the coming month, Anne-Marie and Peter will meet with a licensed life insurance broker and investment adviser to review their down payment options.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $103,000
- Homework from last month: Set up their daughter's RESP and change their investment holdings

Carolina and Jose

New homeowners Carolina and Jose spent last month working through their post-move budget using their favourite online budgeting template. They have had specific revisions to the following expense categories:

• Monthly rent has become a mortgage payment;
• Property taxes, home insurance and condominium fees have been added, and;
• They have increased their savings account contributions.

Carolina and Jose have calculated that once their monthly expenses are paid, they will have approximately $350 left.

Given that the couple is earning more than they are spending for the first time in their marriage, I recommended they follow the two-third, one-third rule. With their budget surplus, they would apply two-thirds towards debt and one-third toward savings for small home repairs and improvements.

Though the couple still qualifies for repayment assistance from Canada Student Loans, effectively offering them temporary relief from having to make payments, they have decided to take the bull by the horns and tackle the outstanding balance head-on by starting to pay $200 per month. The simple act of taking control of their debt repayment plan has helped Carolina feel less overwhelmed about the size of their outstanding debt, which is $20,900.

The couple continues to work towards growing their income, and Carolina has turned to her sewing and piano to make money. She plans to prepare crafts that can be sold as the winter holidays approach while beginning to teach piano lessons. Both business endeavours allow her to stay at home with their children.

Jose has taken on greater responsibilities at work and plans to ask for an additional raise in his upcoming performance review. Jose will also negotiate compensation for past freelance work.

With the money the couple expect to earn from their extra income, they will again follow the two-third, one-third rule, but rather than simply allocate one-third into their savings account, they will begin contributing to RRSPs.

Homework:
Carolina and Jose will establish RRSP accounts and review market salary levels for Jose's profession. Jose will also negotiate compensation for past freelance work.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $5,600
- Homework from last month: Create a list of home improvements and a revised budget

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Put pen to paper or take a pause

Should I stay or should I go now? Two professionals reflect on the differing decisions they made after high school graduation

ETHAN ROTBERG
life@metronews.ca

As soon as you throw your high school graduation cap in the air, you're left with two choices: continue your studies at a post-secondary institution, or take some time off to work or travel before deciding what comes next in your life.

Metro spoke with two professionals who followed opposite roads after high school, each one leading to both strife and success along the way.

Straight to school

Sarrah Young. CONTRIBUTED

Sarrah Young went directly from high school to a double-major degree program at Trent in psychology and criminology. She currently works as an office manager/executive assistant to the CEO in a non-profit setting.

Why did you choose the path you took?

I had no idea what I wanted to do. I thought going straight into post-secondary school would help me figure it out.

What were the challenges or advantages?

Part of my personal challenge stemmed from being so young. The jump from high school to university is huge and I was not ready for the steep learning curve. I don't think that I was mature enough to handle the pressure of looking after myself, getting to class, and maintaining my grades. It's a lot of pressure at that age.

But going straight to post-secondary forced me to grow up and to take responsibility for the decisions I made. If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better. That provided a sharp kick in the butt that I needed and shaped the work ethic I have today.

Andrew James. CONTRIBUTED

Independence in an instant

"If I couldn't get to class on time, that was on me and no phone call from my mom was going to make it better."
Sarrah Young

Break before books

Andrew James spent several years after high school working odd jobs before settling into the television broadcasting program at Seneca College at the age of 25. He currently works as a media specialist for a small marketing company based in Toronto.

Why did you choose the path you took?

I grew up in a very rural area and I decided that I would rather move to the big city of Toronto. Of course moving to Toronto meant having to find a job. This, combined with the fact that I couldn't imagine myself doing any particular job for more than a couple years, meant I just didn't feel ready to take the leap into post-secondary education at that time.

What were the challenges or advantages?

The main challenge of waiting until I was almost 25 before I started my post-secondary education was family pressure to enrol — certain members of my family came from traditional backgrounds that placed a massive value on going to college or university. Dealing with the idea that I was disappointing them was difficult.

On the other hand, college was the best experience of my life to date. Most of the others in my program were closer to my age than I had expected.

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A slow start to your success story?

Beat the entry-level blues. What to do when those first sparks of workplace passion dull to a flicker

LAKSHMI GANDHI
Metro World News

Don't forget when you're feeling stalled at work that the first few years are frustrating for us all. GETTY IMAGES

Television and movies may be littered with 20-something characters who seem directionless when it comes to their careers, but author Mary Traina says she finds the opposite is true of young professionals today.

"Millennials are very hard workers and very idealistic," says Traina, a blogger for HelloGiggles and author of the new book The 20-Something Guide to Getting it Together.

But, she adds, "I think a lot of early 20-somethings hit a rut (when it comes to figuring out their career paths) and I think part of it is not knowing what you want."

Traina says young professionals feeling stuck in entry-level jobs should pay attention to these tips to get their careers on track.

No one is going to pluck you out of obscurity

When Traina first began working at a television production company in her early 20s, she spent almost all of her time at the office, working over 12 hours most days.

"I was working really hard," she recalls, "and I thought someone would basically say, 'We should reward this girl for just being there.'" Most workplaces don't actually work that way.

You have the right to advocate for yourself

Traina finds that many entry-level employees are hesitant to speak up about their ambitions or future plans because they are worried about rubbing people the wrong way or wasting their time.

"Take a little bit more control," she says. "I don't think 20-somethings should ever feel like they are annoying someone by asking for advice."

Picture your next step

"It's important to think to yourself, 'What are the next options for me?'" Traina says. She advises asking yourself if you'd want the job your direct supervisor has, and why or why not.

Some detective work may be required. Traina advises talking to friends and acquaintances about their jobs and taking classes and workshops to discover the answer.

Remember, your first job won't be your dream job

"You aren't going to be happy for the first couple of years in your career," Traina reminds readers.

Most entry-level jobs are administrative. Acknowledge that this is the reality for most careers, and adjust your expectations accordingly.

Volunteer to do tasks for higher-ups to get noticed

"It was face time with important people at the company," says Traina of why she would take on these tasks. "You are there as a sponge. While you are cleaning that filing cabinet, you are seeing the inner workings of the company." Increasing your visibility at work and diversifying your skills is key.

Don't wallow in misery

- It can be easy to constantly vent to friends and family about work frustrations. "But the more you complain, the more you want to complain," says author Mary Traina. She suggests using your downtime — which is precious — to really unplug from work and to enjoy spending time with those you care about.

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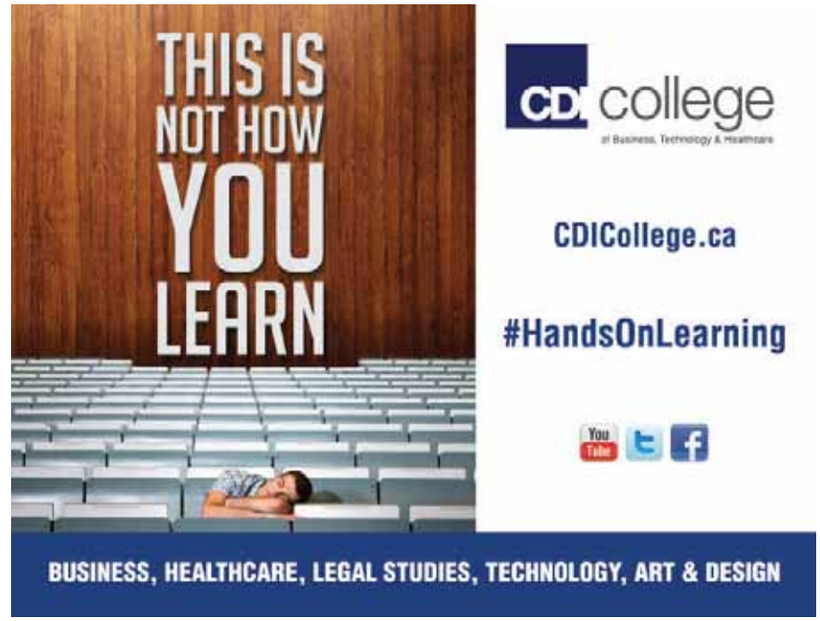

Dress up salmon with a pistachio-topped apricot and ginger glaze

Salmon with Apricot Ginger Glaze. You can bake or barbecue this healthy dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

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Salmon is always a great entrée any time of year.

It's recommended that we eat two servings of fish per week. Salmon is loaded with heart-healthy, brain-boosting omega-3 fatty acids.

For the best flavoured salmon, I enjoy Atlantic, but if you're concerned about toxins in our fish supply, you are best to purchase organic or wild salmon.

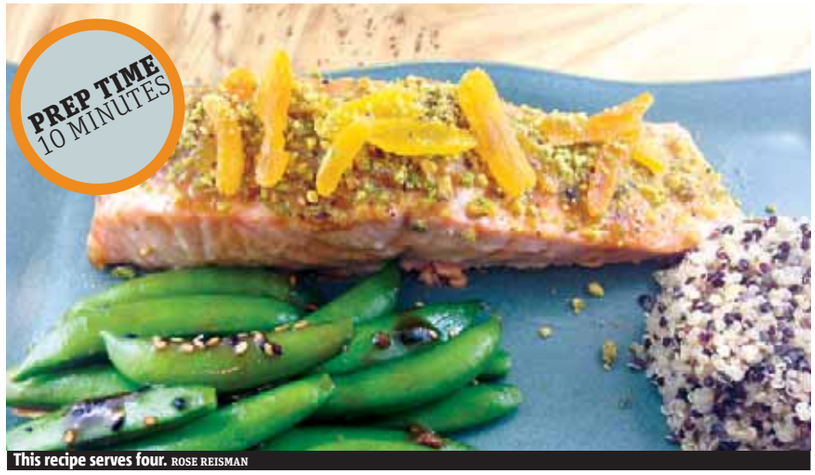
Wild salmon spends most of its life in the open ocean and has very low levels of pollutants and toxins.

You can either bake or barbecue your fish.

The rule of thumb for all fish is to measure at the thickest part and cook 10 minutes per inch at 425 F. You will also know when the fish flakes easily with a fork and is no longer opaque. Salmon is always tastiest when slightly undercooked rather than overcooked.

Feel free to substitute peach jam for apricot if you'd like.

I purchase my dried fruit and nuts from a bulk store and keep them in the freezer so they will keep for months. This way you always have them on hand.



This recipe serves four. ROSE REISMAN

Directions

1. Spread mustard over top of salmon fillets.

2. Combine all ingredients for glaze. Brush half over salmon and sprinkle with chopped pistachios. Bake salmon at 425 F for 10 minutes per inch, about 10 to 15 minutes.

3. Spread apricots over top of the fillets. Serve with remaining glaze.

Ingredients

- 4 salmon fillet (6 oz each)
- 2 tsp Dijon mustard

Apricot Glaze

- 1/2 cup apricot jam
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1/2 tsp chopped garlic
- 1/2 tsp chopped fresh ginger
- 1/2 tsp hot sauce
- 1/4 cup finely chopped pistachios

Garnish

- 1/3 cup thinly sliced dried apricots

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Breeders' Stakes

Taking outside chance pays off for Ami's Holiday

Ami's Holiday couldn't find a clear path to the winner's circle in the Queen's Plate or the Prince of Wales Stakes, so he got another chance in the Breeders' Stakes.

Under a clean ride from jockey Luis Contreras on Sunday afternoon, Ami's Holiday cruised by horses on the outside to win the $500,000 final jewel of the Canadian Triple Crown.

Second to Lexie Lou in the Queen's Plate on polytrack and third to Coltimus Prime in the Prince of Wales on dirt, Ami's Holiday validated trainer Josie Carroll's confidence by winning on the turf course at Woodbine Race Track.

THE CANADIAN PRESS

Luis Contreras guides Ami's Holiday to victory on Sunday. MICHAEL BURNS/HANDOUT

LPGA championship

Park retains title after playoff win

South Korea's Inbee Park successfully defended her title in the LPGA Championship, beating Brittany Lincicome with a par on the first hole of a playoff Sunday to end the United States' major streak at three.

Park finished with a 2-under 70 to match Lincicome at 11-under 276.

THE ASSOCIATED PRESS

Tackled in the final, but heads held high

Best finish. At their first appearance in a women's World Cup final, Canadians fall to England 21-9 in Paris

Mandy Marchak of Canada is tackled by Rachael Burford and Katy Mclean of England during the women's rugby World Cup final at Stade Jean-Bouin on Sunday in Paris, France. JORDAN MANSFIELD/GETTY IMAGES

You could almost hear the sigh of relief from her English teammates as Emily Scarratt broke through one tackle, evaded another and touched down in the corner of Canada's end zone.

After having to fight for every inch against a resilient Canadian team, England needed a stellar solo effort from its star centre to cement a 21-9 win over Canada in the women's rugby World Cup final.

Scarratt scored 16 points on Sunday, including 10 straight to close the gold-medal game, as England won its second World Cup, 20 years after its first.

After England dominated in the first half, Canada closed to within two points on a Magali Harvey penalty halfway through the second. But Scarratt kicked a penalty of her own a minute later, then capped the scoring with a try six minutes from the end of regulation.

"We had a couple of opportunities to score tries that could have made a difference, but because we didn't then they were full of confidence and more physical and fresher than us," Canada coach Francois Ratier said.

"When you have two opportunities and you don't score, then it's almost impossible. It's not a question of passion or heart. It's just a question of (the reality that) in the final of any sport, if you don't score when you have the opportunities, then the other team will take them."

Scarratt received the ball from a lineout and ran past Mandy Marchak, fended off fullback Julianne Zussman and ran the ball in to give England some much-needed breathing room. She kicked a conversion to cap a spectacular tournament for the England centre.

"It's just a missed tackle," Ratier said. "We tried to tackle high but (Scarratt) has a really strong upper body. We should have gone lower but that's the way it is."

Harvey had all of Canada's points on three penalties and finished the tournament with 61 points, second only to Scarratt's 70.

It was Canada's first appearance in the World Cup final. Its previous best finish was fourth, which it did in three consecutive tournaments from 1998 to 2006. England, meanwhile, ended 16 years of heartache by finally winning it after finishing as runner-up to New Zealand in the last three tournaments.

THE CANADIAN PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Sunday's final.

metro AR → See the full instructions on Metro's Voices page.

4 SPORTS

Gillaspie slam clips Jays' wings

MLB. White Sox send birds spiralling down to their 11th loss in their last 15 games

Conor Gillaspie leads the Chicago White Sox with a .311 batting average, and on Sunday the third baseman led them to a win with a rare burst of power.

Gillaspie hit his first grand slam and Jordan Danks added a two-run shot to cap a six-run first inning, and the White Sox held on to beat the Toronto Blue Jays 7-5.

Gillaspie connected for just his fifth homer and Danks hit his second off Toronto's Drew Hutchison (8-11), who lost for the fifth time in seven decisions.

"It was just through the hands with two strikes and put it in play hard," Gillaspie said. "You know sometimes you get them up in the air, sometimes you miss them.

"It was definitely a good jump-start to the game."

Toronto's Edwin Encarnacion hit a two-run homer, his 27th this season and first since returning from the disabled list on Friday. The Blue Jays have lost five of six and 11 of 15 to fall 7-1/2 games behind Baltimore in the AL East and four behind Seattle in the AL wild-card race. THE ASSOCIATED PRESS

White Sox second baseman Gordon Beckham forces out the Blue Jays' Melky Cabrera to start a double play on Sunday. ANDREW A. NELLES/THE ASSOCIATED PRESS

Bon-fire Jovi. Rock star's bid to buy Bills sparks CD burning by Argos fans

About 15 diehard Argos fans brought a handful of CDs and some lighter fluid, hoping to send a message to prospective Buffalo Bills owner and rock legend Jon Bon Jovi.

Led by local fan David Knott, the group set fire to CDs of the rocker's music in a parking lot before Sunday night's Argos-Lions game at the Rogers Centre.

"I like my Jon Bon Jovi CDs, but I like the Argos better," Knott said as he began to burn the discs.

Knott said he was inspired by a YouTube video and decided last Wednesday to open a Facebook page — No NFL in Toronto Bon Jovi, we love our Canadian football — asking fans to gather to show their support. "We just want Bon Jovi to hear this, because everyone knows if the NFL comes to Toronto it will be the end of the Argos," Knott said. TORSTAR NEWS SERVICE

Get the score

Go to metronews.ca for the result of Sunday night's game.

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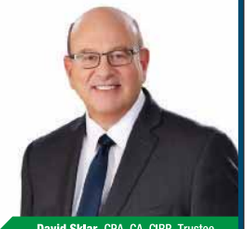

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The Sun in Leo gives you a head start over rivals and you must use it to pull ahead of them. Think about ways you can improve on your current position.

♉ Taurus
April 21 - May 21
Splash out and buy yourself something that makes you feel good. You may regret it later when your credit card bill is due but you need something to cheer you up right now.

♊ Gemini
May 22 - June 21
Venus urges you to let that special someone know they are the best thing that ever happened to you. Speak up now; the romantic glow will last until the end of the year.

♋ Cancer
June 22 - July 23
Get routine matters out of the way early, because the second half of the day will bring some lovely surprises. If an invitation arrives, you must take it — it could change your life.

♌ Leo
July 24 - Aug. 23
Venus links with Jupiter, planet of good fortune making it easy to attract the things you need. One thing matters above all others, so make it your priority.

♍ Virgo
Aug. 24 - Sept. 23
Get together with people whose outlook on life inspires you and soon your problems will no longer exist.

♎ Libra
Sept. 24 - Oct. 23
Try not to see conspiracies where none exist. People are not talking behind your back — and if they are it's because they are planning a surprise treat for you.

♏ Scorpio
Oct. 24 - Nov. 22
Someone you love is in need of a confidence booster. Use your sharp wit to bring back the smile to their face. They won't be feeling under the weather for long.

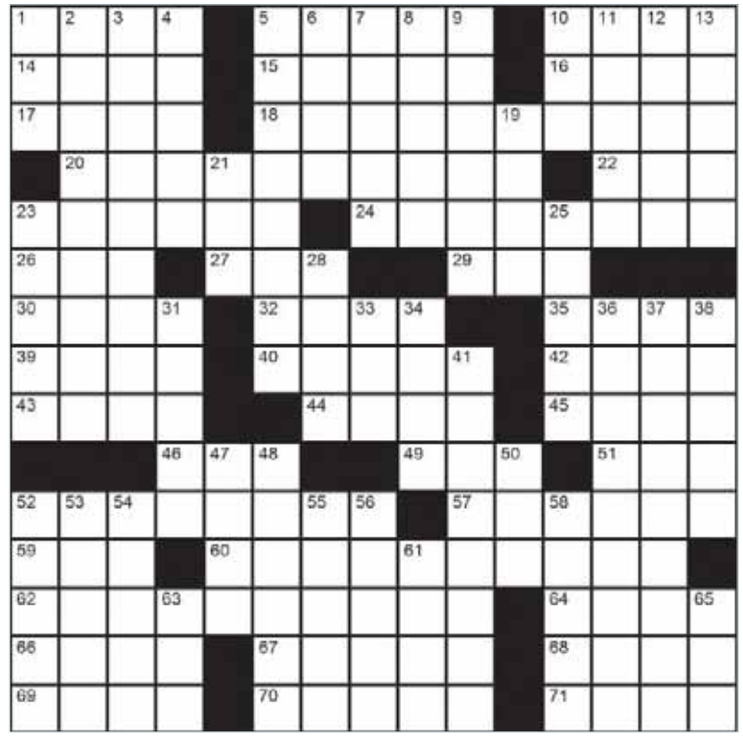
♐ Sagittarius
Nov. 23 - Dec. 21
Create something out of the ordinary today by focusing your mind in a single direction. Extraordinary, even outrageous, things will start to occur soon.

♑ Capricorn
Dec. 22 - Jan. 20
Friendships and finances are well-starred today, so arrange a trip of some kind — maybe a shopping expedition — with your best friend.

♒ Aquarius
Jan. 21 - Feb. 19
Don't worry if a relationship seems to be on the slide because you will get the opportunity to bring it up to scratch again.

♓ Pisces
Feb. 20 - March 20
You must be totally honest today, even if what you have to say is not what people want to hear. Worry about how guilty you will feel if you keep quiet and it all goes wrong.

Crossword: Canada Across and Down by Kelly Ann Buchanan



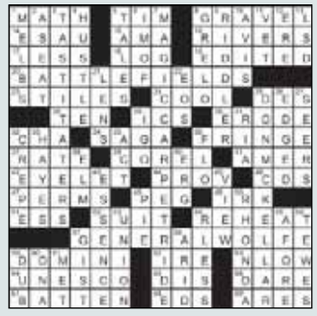
Across

1. Embassy diplomats, briefly
5. Nice deed, __ __ kindness
10. Feedbag fillings
14. Great Big Sea's "__-Mac"
15. Type of bird
16. Tennis great Arthur
17. Singles
18. __ __ Controller
20. Pantry staples: 2 wds.
22. "Phooey!"
23. The Bridges at ___-__ (book by James A. Michener)
24. "Maude" and "Rhoda"
26. Brick carrier
27. Pouch
29. Last day in August, e.g.
30. "I understand already!": 2 wds.
32. Laters' opposites
35. Sun News host Mr. Levant
39. Darned
40. Books holder
42. Kin of Eire
43. Coastal bird (var. sp.)
44. Actress Patricia
45. Battle rounds
46. '_' __ in Elmira
49. YMCA, e.g.
51. Frying __
52. Varnishes
57. Yankees legend Lou
59. Hankering
60. Toronto: CNE = Canadian National __
62. __-__ worker
64. Pre-weekend shout!
66. Actress Ms. Gruning
67. Book
68. Feminizing suffix
69. Bank's bridge?
70. Cake-candle countees
71. Illusionist, archaically

Down

1. La Isla Bonita line: "Te dijo te __."
2. __ __ Prize for 'Fortississimo' is shortened __ '_ _ _'." ...said the music instructor
12. Crook
13. Six: German
19. "It should come __ __ surprise..."
21. Ums' equivalents
23. Over-there items
25. Last letter
28. Actress Mindy
31. Pray
33. Small
34. Smelting waste
36. Dominic __, actor who plays Dante Falconeri on General Hospital
37. Left
38. The Association's "__ Comes Mary"
41. Jennifer Lopez's fellow dancers on In Living Color: 2 wds.
47. Writer Mr. Waugh
48. Dresden is its capital
50. NYC opera house
52. Emmy-winning Sally Field role
53. "Greetings!"
54. Ms. Okuma of TV's Rookie Blue
55. Ravel ballet, Daphnis et __
56. Actor Henry
58. "__ '__ Up Style (Oops!)" by Blu Cantrell
61. Max __ Jr. of The Beverly Hillbillies
63. 'Jacob' suffix
65. Price
Fiction
3. Communication __ by Chilliwack
4. Captain Benjamin __, on Star Trek: Deep Space Nine
5. Canadian History: Maritime exiles
6. __ notes (quiz-taker's no-no)
7. Weight allowances
8. Like keg beer: 2 wds.
9. Southeastern BC mountain city
10. Klutz
11. "The notation

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	8						5	9
	1			4			8	
		4	2		8	6		
			7		4			
4								7
			5		3			
		1	3		5	2		
	2			7			3	
5	9						7	6

Friday's Sudoku

6	4	2	8	5	1	9	3	7
3	9	1	6	7	4	8	2	5
8	5	7	3	9	2	6	1	4
1	8	5	4	3	6	7	9	2
4	3	6	7	2	9	1	5	8
7	2	9	1	8	5	3	4	6
9	6	3	5	4	7	2	8	1
5	7	8	2	1	3	4	6	9
2	1	4	9	6	8	5	7	3

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